




Those cheeky chappies...
Scantily clad Geezers create a campaigning calendar
SEE PAGE 2



Speaking up, speaking out
Hundreds of young people celebrate Youth Work Week
SEE PAGE 9



Elegant homes that time forgot
The enclave of Spitalfields that is forever in the 1700s
SEE PAGE 13

ISSUE 1086 16 - 22 NOVEMBER 2015

WWW.TOWERHAMLETS.GOV.UK



eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Green light for 450 extra school places

BY SHALINA HUSSAIN

PLANS for 450 new primary school places have been given the go-ahead by the council.

The redevelopment of the Burdett Estate was approved at the council's cabinet meeting on Tuesday, November 3.

An area of land will be compulsorily purchased to assist

social landlord Poplar HARCA in its regeneration scheme.

The purchase order will allow the council to acquire land needed for the plans, which will regenerate two existing

housing blocks to provide new homes for rent and sale, and provide essential new accommodation to enlarge St Paul's Way Trust School.

The scheme has already

gained planning approval and £13m has been committed by the council to the expansion of the school.

The proposal is for the demolition of existing flats in Printon and Linton Houses (HARCA-owned blocks) to make way for a mixed-use redevelopment, to include accommodation for the school on the ground floor, with mixed tenure housing above.

More than 450 primary school places will be made available, including a dedicated nursery

space, enabling St Paul's Way Trust School to cater for 1,650 children between the ages of 4 and 18. This will assist the council in continuing to meet growing need for school places.

The school plan includes a multi-use games play space and new school playground.

The development will provide 109 homes including 26 for social rent and intermediate ownership, and 83 for private sale, with an affordable housing quota of 30 per cent.






■ **continued on page 3**

WE WILL REMEMBER



A SERVICE was held at the Merchant Navy war memorial on Remembrance Sunday, November 8, to commemorate seafarers of the Merchant and Royal Navies who lost their lives at sea. John Pollard (left), 74, and Bill Allen, 87, joined those paying their respects. For more on how the borough marked the day, see pages 16 & 17.

ESSEX'S NEWEST & MOST ENCHANTING WEDDING VENUE

ARIANA GARDENS

Ivy Barn Lane, Margarettown, Essex, CM4 0EW
A12, Junction 14

Licensed for Civil Ceremonies • On-site parking for over 300 cars
Bar Area • Air Conditioned • Seating for 600 guests • Private Garden
Catering Service Available • Bride's Room • Kitchen
Full Segregation Available • Full Disabled Access

Contact us for more information
Milon - 07545 881 924 | Thufayel 07956 237 128
Info@arianagardens.co.uk

www.arianagardens.co.uk
Part of the Ariana Group

• **2-5 Years Guaranteed Rent** • **0% Commission**



elliotleigh.com 020 8983 4444 **3 Months rent in advance paid!**

* Terms & conditions apply



Old boys' club

The Geezers meet at the AgeUK East London Resource Centre.

WWW.OURBOW.COM



Hops, history and tradition

"It's not just about the booze. We're losing our heritage; the architecture and decor, the traditional games played in pubs and the history and stories passed down through the generations."

RAY GIPSON (LEFT)

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.

Tel: 7364 3179 Fax: 7364 4917

Email: eastendlife.news@towerhamlets.gov.uk



eastendlife

soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email abdul.miah@towerhamlets.gov.uk

Printed by Trinity Mirror.

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive **East End Life** call 7364 0474 or email abdul.miah@towerhamlets.gov.uk

Editor Helen Watson

Tel: 7364 3173

Deputy Editor Russell Cotman

Tel: 7364 4128

Reporter

Jessica Odubayo

Tel: 7364 4365

Photos

Kois Miah

Tel: 7364 3253

Advertisement Manager

Sharan Ahmed

Tel: 7364 4061

Senior Advertising Sales

Executive

Christine O'Doherty

Tel: 7364 4994

Senior Advertising Sales

Executive

Fatima Khan

Tel: 7364 4623

Advertising Production

Controller & Sales Executive

Terri Gornall

Tel: 7364 4682

Distribution Manager & Finance

Abdul Miah

Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 82,345 Audit Bureau of Circulation (ABC Regional) Jan-June 2015.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.



East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Gents' club members bare all in bid to save the great East End boozier



The Geezers launch the calendar, with a little help from staff and regulars at the Eleanor Arms

Calendar Geezers

BY JESSICA ODUBAYO

THEY kept their clothes on for its launch, but a group of pensioners bared all for a cheeky calendar to highlight a cause they are passionate about.

The Geezers, a social group for older men, adopted a series of bare-bottomed poses for their 2016 calendar.

The group are selling the calendar as part of a campaign to halt the decline of traditional East End pubs.

As part of Where's My Booz-er Gone?, a project launched last year, the Geezers found that at least 90 pubs had been lost to housing developments and other schemes in the last 30 years.

Named The Pun, the calendar



Startled regulars get an eyeful

was launched last Tuesday, November 10 at the Eleanor Arms pub in Bow. It features the Geezers enjoying traditional pub pursuits such as darts and cribbage – but scantily clad.

Ray Gipson, a founding member of the Geezers, appears as Mr November.



Mr July pulls a pint in the altogether

Ray said: "It's not just about the booze. We're losing our heritage; the architecture and decor, the traditional games and sports played in pubs and the local history and stories that have been passed down through the generations."

Artist Louise Grindley worked

with the group to produce the calendar, which is being sold at the Eleanor Arms, 460 Old Ford Road, Bow, for £8 per copy.

Readers who mention East End Life can buy it for the special price of £7.

Follow the Geezers' campaign at www.ourbow.com

Inside this week's issue

Mayor's column.....	6	Remembrance Day.....	16 & 17
Useful information.....	8	Council information.....	18 & 19
Youth Work Week.....	9	Out & about.....	20 & 21
Schools news.....	10	Eating in, eating out.....	23
History.....	12 & 13	Recruitment & training.....	27 & 28
Harmony.....	14 & 15	Sport.....	30-32





Your views on East End Life's future

Email your views to consultation@towerhamlets.gov.uk, call 7364 0811 or write to Communications, Tower Hamlets Council, 6th floor, Mulberry Place, E14 2BG.

Fortnightly news

East End Life will be fortnightly after Christmas and its future frequency is under discussion.

CONSULTATION@TOWERHAMLETS.GOV.UK

News

Colleges talk of merger

TOWER Hamlets College has launched a consultation with Redbridge and Hackney Colleges, setting out proposals for a possible merger.

The colleges will encourage collaborative working to try and create opportunities for communities, enabling local people to participate in education, benefit from a broader curriculum and gain the skills they need.

A spokesman for the college said closer collaboration is being driven by a range of factors, including financial pressures.

He said, nationally, the government has also begun a series of reviews aimed at creating fewer, but larger colleges. A review in the capital is due to start in spring, led by the Mayor of London.

Tower Hamlets and Redbridge are also members of the East London College Alliance, created in April this year, which includes Newham College. It allows the promotion of common interests and is a vehicle for joint bids and cost savings. A possible merger between Redbridge and Tower Hamlets, if agreed by their respective boards, will be completed on August 1, 2016.

For details or to take part in the consultation, which runs until December 13, email mergerconsultation@tower.ac.uk or visit www.tower.ac.uk/merger-consultation



Thousands enjoyed a magnificent fireworks display as Victoria Park returned to hosting the annual event

Fireworks spectacular draws a 75,000-crowd

BY SAM GOUGH

MORE than 75,000 people flocked to see fireworks return to the nation's favourite park.

Hours before the display on Saturday, November 7, many rushed to Facebook and Twitter wondering if the Victoria Park show would still take place – as the rain poured down.

But just a few hours before, the rain stopped and gave a break for people to enjoy a fireworks extravaganza introduced by Cllr Asma Begum, council cabinet member for culture.

The crowd were dazzled for just over 20 minutes with fireworks set to a soundtrack, which included Tower Hamlets legend Dizzee Rascal, pop princess Rihanna and Dame Shirley Bassey.

The display was put on by Titanium Fireworks. They are best

known for doing London's New Year fireworks and for opening and closing the recent Rugby World Cup.

After the show, residents took to social media to thank the council, and express how much they enjoyed it. Using #fireworksTH, some of the comments included:

@wolfwhistle: Thank you so much for bringing the fireworks back to Victoria Park. They were SO GOOD I got a bit emotional. #fireworksTH

@hazey_marie: Loved the free fireworks in Victoria Park last night! Well done @TowerHamletsNow

Mayor John Biggs, said: "It's so great to see how many people have thanked us, and all we can say is that it's our pleasure! The people wanted the fireworks to return to Victoria Park, and so we listened to the people."

News in brief

Arrest over gun

A MAN has been arrested after police were called to reports of a person in possession of a firearm.

At 2.15pm on Saturday, November 7, officers were called to the Canary Wharf area and, just before 3pm, a 29-year-old man was arrested at West India Quay station.

He was taken to an east London police station, where he remains in custody.

Police are awaiting analysis of the weapon, which is believed to be an air rifle.

Spiders shut school

OSMANI and Thomas Buxton primary schools have both temporarily closed due to a spider infestation.

Pest control teams are on site at both schools, dealing with the infestations of false widow spiders.

Due to health concerns for staff and pupils, the schools were closed on Friday, November 13.

The spiders bite, but are not considered to be dangerous.

Osmani reopens on Monday, November 16 and Thomas Buxton will be opening the following week, on Monday, November 23.

Parents should check the schools' websites for more information.

If you are worried about the health of your child – in particular around spider bites – refer them to a local GP.

Market faker fined 450 school places

A SPITALFIELDS market trader has admitted selling fake handbags, shoes and sunglasses.

Kelly Liman of Elgar Close, Buckhurst Hill, Essex, pleaded guilty at Thames Magistrates' Court on November 5 to offences under the Trade Marks Act 1994.

Liman was selling fake designer handbags, shoes and sunglasses using brands including Chanel, Mulberry and Christian Dior.

She was given a sentence of

80 hours unpaid work, and ordered to pay a £60 victim surcharge and £440 in costs. All fake goods seized were ordered to be forfeited and destroyed.

The case followed the seizure on September 27, 2014.

Council officers were shocked by the quality of the fakes, believing them to be some of the best ever seen in the borough.

To report the sale of counterfeit or fake goods call 7364 5008 or email tradingstandards@towerhamlets.gov.uk

■ continued from page 1

The new homes will be built to a higher environmental standard.

This will mean they are far more cost-effective to run, reducing the potential for fuel poverty among low-income households.

Poplar HARCA is also working with the police to ensure the development 'designs out' crime. The housing association will meet costs involved with managing the purchase order.

Mayor John Biggs said: "I'm glad to be able to support an innovative scheme that will bring much-needed school places and a high-quality school building to an area where demand is high and relieve pressure on housing through the delivery of new affordable and social rented homes."

Cllr Rachel Blake, cabinet member for strategic development, said "We're pleased to be able to support Poplar Harca in delivering its plan."

INDIAN RESTAURANT & TAKE AWAY

Chilli Garlic

GRILL & INDIAN CUISINE



Banquet Night £9.95
Every Mon to Thurs (From 5pm – Midnight)
Full Course Meal

Sunday Buffet £8.95
12pm until 11.30pm (Eat as much as you like, 30 items to choose from on our set menu)

Free Home Delivery Available (3 mile radius) with orders £12.00 or more
Free bottle of Coke/Lemonade with delivery orders £20.00 or more

Open 7 days a week:
Mon–Sat: (including Bank Holidays) 5.00pm–12Midnight; Sun: 12pm–11.30pm

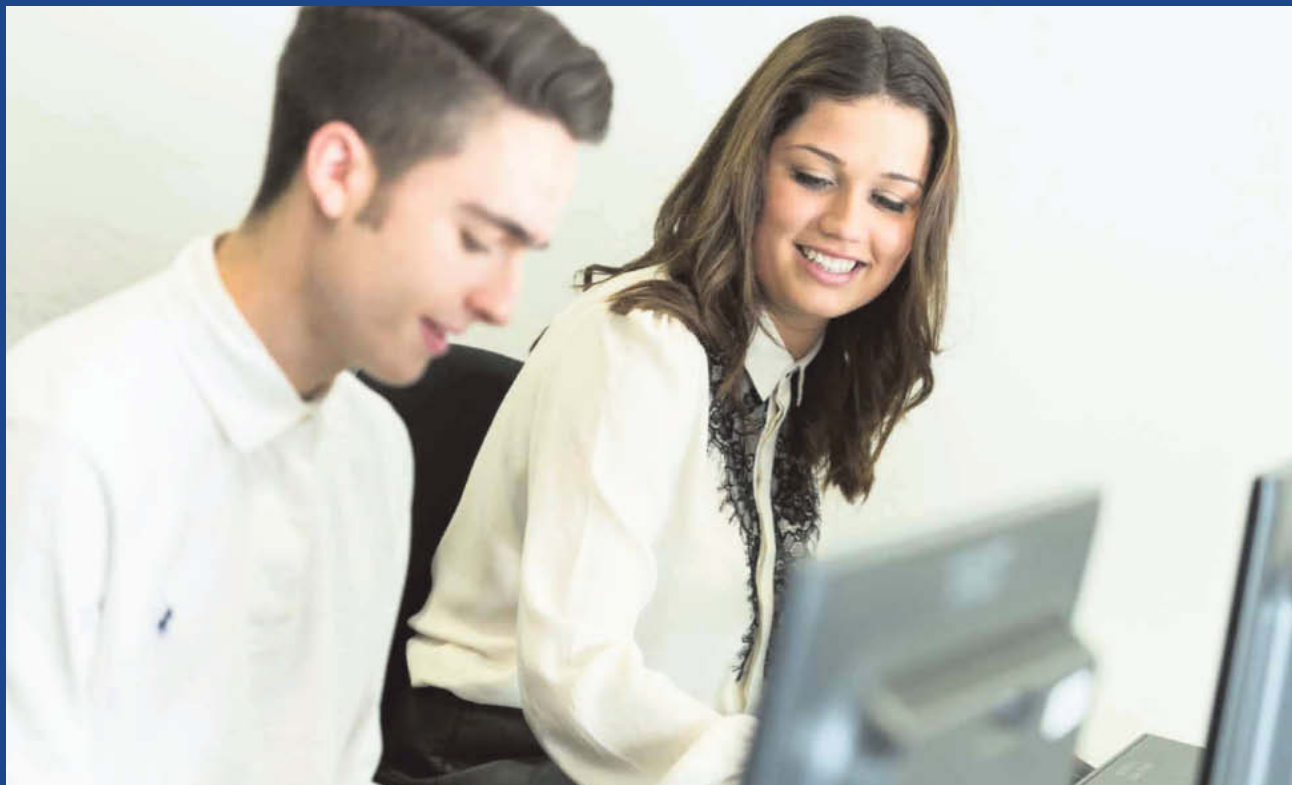
501 Roman Road, Bow, London E3 5LX
020 8983 4301 / 020 8983 5341
Visit: www.chilligarlic.com | Also order via Just Eat.
Visit: www.just-eat.co.uk/restaurants-chilligarlic-e3

15% off on all online orders



STEPNEY GREEN SIXTH FORM

FOR BOYS AND GIRLS



OPEN EVENING

WEDNESDAY 18TH NOVEMBER 2015

4.30pm – 6.30pm

Exceptional A Level results 2015

Excellent progression to top universities

Best in the country for Maths and History A Level

A LEVEL 2015 Top 4% Nationally

A Levels 2016

Maths	Further Maths
Computing	Biology
Chemistry	Physics
History	Religion
Graphics	Fine Art
Spanish	Sports Science
English	Psychology
Geography	



BTEC L3 2016

ICT
Business
Sports
Health and Social Care

BTEC L2 2016

ICT
Business
GCSE English
GCSE Maths

www.stepneygreen.towerhamlets.sch.uk • Tel: 020 7790 6361



Let's hear it for Pudsey power

Since 1980, BBC's Children in Need, with its iconic Pudsey mascot, has raised more than £600 million to change the lives of disabled children and young people in the UK.

WWW.BBCCHILDRENINNEED.CO.UK

Community in action

St Katharine's Precinct will encourage connection through art, community projects and food.

VISIT WWW.PRECINCT.RFSK.ORG

News

A CAKE sale was one of the fundraising activities laid on by staff at Lloyds Bank in Commercial Road, Shadwell, in support of Children in Need (pictured). Customers purchased the homemade goodies brought in by staff. Branch manager Michael Walters said the sale, on Tuesday, November 10, raised £250. Collection tins were placed on counters and other activities included a quiz night and sponsored bike ride.



News in brief

Community project

A NEW project which aims to connect communities through conversation, art, reflection and food, has opened in Limehouse.

Mayor John Biggs officially opened St Katharine's Precinct, which is made entirely from shipping containers and yurts.

Opened on November 6, it features a café, space for reflection, a community and wellbeing hub, arts space and a small outdoor amphitheatre.

The Royal Foundation of St Katharine is leading the project, which is due to run for two or three years.

Mark Aitken, master of the Royal Foundation of St Katharine, encouraged residents to visit the project at 2 Butcher Row, E14.

Visit www.precinct.rfsk.org for further information.

Family calls for witnesses in Shoreditch killing

BY STAFF REPORTER

THE family of a man who died 13 years after he was shot have launched an emotional plea for help on what would have been his 40th birthday.

Marvin Couson died on Saturday, August 8, having been confined to a hospital bed, unable to communicate or do anything for himself, since he was shot. He would have been 40 on Thursday, November 5.

Marvin had visited the Lime Bar in Curtain Road (now the Queen of Hoxton pub) in Shoreditch with his cousin and a friend on May 12, 2002.

In the early hours, they fled, along with a large number of

other people, after shots were fired inside the bar.

Outside, Marvin's friend saw a red or burgundy Ford Fiesta, thought to contain at least two black men, driving fast along Curtain Road. The vehicle struck him and he grappled with the front seat passenger.

A gun was then fired and the friend walked back towards the bar to see the father-of-two lying shot on the ground.

On arrival, police found Marvin, then aged 26, with a gunshot wound to the chest. He was taken to the Royal London Hospital with injuries to his heart and other internal organs.

After an operation, he was transferred to the Royal Hospital for Neuro-Disability in Putney.

Marvin's mother, Emily, and sister Margaret are appealing for witnesses and information about the incident.

Emily said: "To whoever killed Marvin, my little boy, you tried to kill our family. No-one should suffer like this."

Margaret added: "My family appeal to those who know the name of Marvin's killer to end our suffering by talking to the police."

An incident room has opened at the Homicide and Major Crime Command under Detective Chief Inspector Noel McHugh.

Anyone with information should contact 8785 8099 or call Crimestoppers anonymously on 0800 555 111.

Guilty plea in Bethnal Green GBH case

A MAN has pleaded guilty to GBH following an altercation, which left a man in a critical condition.

James Flanagan, 35, of Marsden Street, Kentish Town, was arrested and charged on the same day of the attack, which occurred outside Bethnal Green

station in Cambridge Heath Road on Friday, November 6, shortly before 1am.

Enquiries by detectives in Tower Hamlets established that the victim, a 36-year-old man, was punched and knocked to the floor.

The victim struck his head on

the pavement, resulting in serious head injuries.

Flanagan appeared before Thames Magistrates' Court on Saturday, November 7 where he pleaded guilty to GBH.

He was bailed and will be sentenced on Tuesday, November 24 at Snaresbrook Crown Court.

T: 020 8980 5552/03333 222 786

Open Days – come and find out all about the course you always wanted to do.

**Open Days for Access to Nursing
19th & 26th November 2015**

**Open Day for Accountancy
27th November 2015**

**Open Day for Health and Social Care
30th November 2015**

Up to 95% achievement rate

100 % of our learners would recommend us

Level 3 and 4 Health and Social Care
Level 3 Access to Nursing and Midwifery
Level 3 Early Year Educator
Levels 3 & 4 Business Administration
levels 3 and 4 AAT Accountancy and Taxation
Level 3 & 4 Customer Service
Level 3 & 4 Management
Level 4 and 5 Education and Training
Level 3 Teaching Assistants

Training Venues -
 Bow, Woolwich,
 Camberwell
 and
 Finsbury Park

Our Head Office Address
 Mitchell House,
 1 Kitcat Terrace
 Bow, London E3 2SA

We're open
Monday - Friday
 9:30 am - 6:00 pm.
 Saturday - prior appointments only

Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at mayor@towerhamlets.gov.uk

WWW.TOWERHAMLETS.GOV.UK/MAYOR



Protection from secondhand smoke

Police officers stopped cars carrying children entering Asda in East Ferry Road, allowing council officers to explain their responsibilities under the new law, introduced on October 1.

SEE BELOW

News

More cash, less trash

WHEN I talk to residents, one of the most popular topics is keeping our streets clean and tidy.

So, in response, we've launched a new Clean Team to step up efforts to rid our borough of litter. The borough is not bad at doing this, but we are only as good as our last complaint, and there are some areas which seem very difficult to keep clean.

I met some of our council staff responsible for cleaning the borough's streets at their Blackwall depot and have already been able to support their work with some extra funding and new vehicles.

It's been important to me that we have moved towards restoring the level of funding that these key services need.

Along with the recent scrapping of the £15 bulky waste charge, this will help clamp down on fly-tipping, with plans for a fly-tip squad to follow.

And I'll take this opportunity to remind readers that you can report litter or recycling problems with the council's free app, FiFiLi (Find It, Fix It, Love It), available for download from the App Store or Google Play.

We all want a borough we can be proud to live and work in, and everyone has to play their part.

That's why I'm also campaigning to preserve a proud Tower Hamlets institution that we're sadly at risk of losing.

London Metropolitan University's decision to relocate the Sir John Cass Department of Art, Architecture and Design is a setback.



TOWER HAMLETS
MAYOR OF
TOWER HAMLETS

The Cass has deep roots in the East End and an historically strong reputation. The arts and cultural industries may sound a bit vague, but are responsible for more than 300,000 jobs in London and we should support them.

I'm working with campaigners and lobbying London Met management about this. Tower Hamlets has a rich cultural and creative history and present, and I'll do all I can to ensure that gets the recognition it deserves.

Finally, our winter standby service was launched last week, with more than 1,400 tonnes of grit in storage, ready to keep roads, cycle paths and pavements safe.

If we do get harsh weather, we can maintain essential services like Meals on Wheels and waste collections. It's those basic services, plus the extras, like the Cass, that make our area safe and special.

Mayor John Biggs

£50 fine for smoking in car with under-18s

BY STEFAN SWIFT

POLICE officers, part funded by the council, have been enforcing smoke free legislation across the borough in a series of initiatives.

Partnership Task Force (PTF) officers joined the council's smoke-free and public health teams to remind residents that smoking in a car with a person under 18 is now an offence.

Under legislation introduced on October 1, the council has the power to fine anyone found flouting the law up to £50.

Police officers stopped cars carrying children entering Asda in East Ferry Road, allowing council officers to explain the new law.

The PTF carried out a similar exercise on Chapman Street, Shadwell, where council officers were also able to ensure workplace vehicles were compliant with no-smoking legislation introduced in the Health Act 2006.

Council officers encouraged residents to sign the smoke-free home pledge, explained the negative health effects of smoking tobacco and discussed stop smoking services available to them.

From November 1, the council is issuing fixed penalty notices (FPN) to



Officers advised motorists on the new law

those seen smoking in designated smoke-free areas.

Cllr Amy Whitelock Gibbs, cabinet member for health and adult services, said: "This new legislation is another step in ensuring that the borough's young people are free from the harms of secondhand smoke.

"Using tobacco in any form is very harmful to your health so we urge all residents to consider speaking to local stop smoking services. We

know stopping smoking can be tough, so there's lots of free advice and support on offer."

For help to stop smoking, speak to your GP or pharmacist or call the specialist stop smoking service on 7364 6697 or 0800 169 1943 or visit www.towerhamlets.gov.uk/stopsmoking

Call the Smoke Free team on 7364 5008, email healthand.safety@towerhamlets.gov.uk or visit www.towerhamlets.gov.uk/smokefree

SHOW APRTMENT NOW OPEN

QUALITY TWO BED APARTMENTS FOR RENT
DON'T MISS OUT ARRANGE A VIEWING NOW

A striking new development offering spacious, quality two bedroom apartments with the choice of long term tenancies.

With the community vibe only steps away and transport connections, shopping and entertainment close by, these homes are ideally placed to fit all lifestyles.

*Either a private balcony or private terrace. Walking times are approximate.

- 4 minutes walk to Abbey Road DLR station
- 15 minutes walk from Stratford's transport hub
- Professional management services
- All apartments with private outdoor space*



MODA
STRATFORD
MAKE IT YOUR NEW HOME



150 years of caring

In 2016 Mildmay will mark 150 years of providing service and care in east London. In 1988 Mildmay responded to the escalating HIV/AIDS crisis and became the first HIV hospital in Europe.

WWW.MILDMAY.ORG

Dementia rights

Alzheimer's Society champions the rights of people living with dementia and the millions who care for them.

WWW.ALZHEIMERS.ORG.UK

News

Support a charity for refugees

BY SUSAN MULLIGAN

THE council is urging residents to consider what support they could offer to refugees in response to the humanitarian crisis.

Large numbers of people have undertaken hazardous and lengthy journeys, and many have lost their lives, trying to reach a safe haven in Europe.

At a full council meeting on September 16, Mayor John Biggs introduced an emergency motion, which stated that Britain and other countries had a moral duty to provide a sanctuary for those who are forced to flee their homes.

Mayor Biggs said: "The plight of desperate refugees fleeing for their lives continues to dominate the news – and with good reason.

"I would urge residents to consider supporting a charity that is working to provide safe housing, food or medical supplies to the affected refugees. Many desperately need help and resources to continue their work."

The Prime Minister announced that the UK will resettle 20,000 Syrian refugees by 2020. This is part of the UK's response to the crisis that has unfolded as the conflict in Syria continues and displaces more people.

The Home Office and Department for Communities and Local Government are working with local authorities to put in place plans to house and support Syrian refugees.

Leaders of all political groups in Tower Hamlets have asked the Prime Minister to make sufficient resources available for local authorities to provide support for refugees without adversely affecting services for existing residents.

You can make a donation to a humanitarian organisation or charity.

Praxis Community Projects (www.praxis.org.uk) works with vulnerable migrants in Tower Hamlets.

National and international organisations that provide support services to refugees include:

- British Red Cross Appeal
- Oxfam
- Save the Children's Child Refugee Crisis Appeal
- UNHCR's Emergency Appeal
- UNICEF
- The World Food Programme
- Refugee Action
- Medecins Sans Frontieres
- International Rescue Committee
- Refugee Council.

You can also call the Red Cross on 0800 107 8727 to discuss how you can help.

SPECIALIST HIV hospital Mildmay in Bethnal Green began its 150th anniversary celebrations by burying a time capsule. In 2016, Mildmay marks 150 years of service, medical treatment and care in east London. Gilly Yarrow, Lady Mayoress of the City of London, joined staff and volunteers for a thanksgiving service and then officiated over the burial of the capsule in the hospital garden. She said she was impressed by the work at the hospital and genuinely moved by patients' testimonies. "The caring you do, with the support of your volunteers

and many supporters, is truly humbling. I thank you so much for inviting me here today to take part in this special ceremony," the Lady Mayoress said. John Richardson, chairman of Mildmay, said: "This was an opportunity to rejoice in our past, look to the opportunities for our present and look forward to our future." The capsule included messages from staff, patients and volunteers, information about the hospital's work, past and present, architects' plans of the building, hospital menus and national and local newspapers.



Gilly Yarrow, Lady Mayoress of the City of London, at the burial of the time capsule

News in brief

Church's new start

MINISTERS at Bethnal Green Mission Church in Cambridge Heath Road have spoken about plans for its future.

The building is set to be demolished early next year and a new, fully accessible church and community space will be put in its place, with a café and projects and facilities for use by local people.

"This is not the end but a start of new and exciting journey for the church and for the local community," said church minister Mike Houston.

Carers' meet-up

YOUNG adult dementia carers are invited to an autumn meet-up on Wednesday, November 25.

The event, organised by the Alzheimer's Society, will take place at the Black Horse pub, 40 Leman Street, Aldgate, from 6-8pm.

Nicola Zimmermann, services manager for Alzheimer's Society Greater London, said: "This event is an opportunity for young carers to meet other people supporting a parent with dementia in an informal setting to find out more about Alzheimer's Society support, or just have a chat."

To attend, email rebecca.wilson@alzheimers.org.uk or anna.borisova@alzheimers.org.uk



Computer generated artist impression

Red Door VENTURES

hera

DON'T MISS OUT - CALL TODAY 0345 683 8812 MODASTRATFORD.CO.UK



Search online for cheaper fuel

Winter is an expensive time for gas and electricity bills. Use a comparison website to see if you could save money by switching your gas or electrical supplier.

SEE BELOW

Useful information

Make the most of your money

News from Tower Hamlets Financially Inclusive partnership

GOOD money management can mean many things – from living within your means to saving for short and long-term goals, to having a realistic plan to pay off debts. Read on for tips on how you can better look after your finances.

Setting up a budget

A BUDGET is just a record of money coming in (from things like your salary or wages, pensions or benefits) and payments you make (such as your rent or mortgage, living expenses, and regular and irregular spending). You can find an income and expenditure sheet at FITH.org.uk. This is a great way to start to budget.

Make sure you include one-off expenses such as your car tax and Christmas or Eid presents in your budget – or tax and National Insurance if you're self-employed.

If you want to get on top of your finances, a budget is a really good way to start.

Checking where your money goes

If you're spending more each month than you are getting as income, the next step is to look more closely at where your money is going and where you can cut back.

Even small amounts – things such as magazines, sandwiches at lunchtime or takeaways – can add up.

Keeping a spending diary is an effective way of seeing exactly what you spend your money on.

Try making a note of what you spend for at least a month (even small purchases).

Identify some things that you would be happy to live without. Cutting out unnecessary expenditure is the best way to start to balance the books.

Set a savings goal

SOME people find it hard to get motivated about saving, but it's easier if you set a goal.

That way, rather than thinking about the money you are setting aside each month, you can focus on what you will be able to do once you've reached your goal.

Your first step is to have some savings – money to fall back on if you have an emergency, such as a heating boiler breakdown or if you couldn't work for a while.

Try to get three months' worth of expenses in an easy or instant access account. Don't worry if you can't save this straight away, but keep it as a target to aim for.

Once you've set aside your emergency fund, savings goals to consider might include taking a holiday and having some extra money to draw on while on maternity or paternity leave.

Save regularly

THE easiest way to save is to pay some money into a savings account every month, preferably by standing order.

Set a savings goal, if you save £1 a day in six months you will have £182 and in a year you will have £365 in your savings.

Don't get caught up in seasonal hype

TIPS for keeping down the cost of Christmas include.

■ Make presents for others or shop around for bargains.

■ Use budget supermarkets and ask family members or friends to all bring something to the Christmas dinner.

By Gary Wells, financial inclusion programme manager, Toynbee Hall.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers.

Open Mon-Fri, 8am-6pm.
30 Greatorex Street, E1.
fis@towerhamlets.gov.uk
7364 6495

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm.
31 Ridgale Street, E3.
8981 1159

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN).
30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm.
7364 6489

LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided.
Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary.
Mon 9am-5pm, Bangladeshi group.
Toynbee Hall, Commercial Street, E1.
7392 2914
www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2.
7739 7720
www.account3.org.uk

Bangladesh Youth Movement

21-23 Henriques St, E1.
7488 1831/2

Bromley by Bow Centre

St Leonard's Street, E3.
8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)

32 Greatorex Street, E1.
7247 1050
www.adviceguide.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

Legal Advice Centre

University House, 104 Roman Road, E2.
8980 4205
www.legaladvicecentre.org.uk

Limehouse Project

Cheadle Hall, Cheadle House,

Copenhagen Place, E14.
7538 0075
www.limehouseproject.org.uk

Praxis (New Residents Service)

Pott Street, E2.
7729 7985
www.praxis.org.uk

The Tower Hamlets Community Advice Network

THCAN is a partnership of local advice centres that provide free advice.
www.thcan.org.uk

Tower Hamlets Law Centre

(specialist advice by appointment).
Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14.
7538 4909
www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service

28 Commercial Street, E1.
7392 2953
advice@toynbeehall.org.uk
www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1.
7702 8032
www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

National Debt Line

0808 808 4000
www.nationaldebtline.co.uk



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



Young people take time to celebrate

Youth Work Week provides an opportunity for youth organisations, workers and young people to celebrate their achievements and the impact of their work.

Support network

“Youth Work Week is a great opportunity for young people to come together, learn new skills or access much needed support.”

WWW.NYA.ORG.UK

CLLR RACHAEL SAUNDERS, BELOW

News

Campaign encourages young to ensure their voices are heard

Hundreds of young people from across the borough celebrated Youth Work Week from November 2-8. **Michael Diop** reports. Photos by **Rehan Jamil** and **Kois Miah**.

YOUTH Work Week is part of a national campaign to highlight the services and opportunities that councils, youth workers and youth centres provide for young people.

This year's theme – Have Your Voice Heard – was aimed at encouraging young people to get involved in the decisions that affect their lives. The borough's youth council played a leading role throughout the week, arranging events and leading discussion forums and debates.

The Young Mayor of Tower Hamlets, Deng Yan San, led one of the sessions with young people. She said: “I've been amazed and inspired by the passion that young people have and how they really do make sure their ideas and voices are heard.”

The national Youth Work Week team highlighted that fact that, despite the view that young people do not engage in politics, they are increasingly at the centre of local community issues and campaigns.

In fact, in May's general election, more young people

registered and voted than ever before, with a turnout of 58 per cent among 18- to 24-year-olds.

Debates and discussions were not the only things on the agenda. Young people got to showcase their sporting, cooking, music, dance and artistic skills.

Healthy eating, wellbeing and mental health support also featured on the agenda.

A highlight of the week took place at the Brady Arts Centre, where music and dance performances ran alongside a special ceremony for young people who had achieved their Duke of Edinburgh or Arts awards.

Cllr Rachael Saunders, cabinet member for education and children's services, spoke on the night and presented a number of awards. She said: “It was great to see so much of the artistic talent that we have in the borough. I was also delighted to be asked to present such well-earned Duke of Edinburgh Awards in recognition of the

hard work and commitment of our young people.

“Youth Work Week is a great opportunity for young people to come together and enjoy fun activities, learn new skills or access much needed support.

“It's also a brilliant opportunity to thank those who work tirelessly throughout the year to provide the huge variety of events, activities and support appreciated by so many young people.”



Speaking out at St Andrew's Wharf Youth Centre



Young Mayor Deng Yan San centre, listens attentively to one young man's experiences

Come and see why St Matthias is the best school for your child...



St Matthias
C of E Primary School

RECEPTION
OPEN MORNING
Tuesday 24 November
9:30 - 10:30am

“The school, through its distinctive Christian character, is outstanding at meeting the needs of all learners.”

SIAMS



Bacon Street, Bethnal Green, London E2 6DY | T: 020 7739 8058
www.stmatthiaschool.org.uk



Celebrating at the Brady Arts Centre's awards event

All across London

Almost 1,500 schools, nurseries are STARS – Sustainable Travel: Active, Responsible, Safe-accredited.

[HTTPS://STARS.TFL.GOV.UK](https://stars.tfl.gov.uk)



Saving the seven seas

The Marine Stewardship Council promotes sustainable fishing. It aims for the world's oceans to be teeming with life and to safeguard seafood supplies for this and future generations.

[WWW.MSC.ORG](http://www.msc.org)

News

Safety STARS hit City Hall

BY JESSICA ODUBAYO

MAYFLOWER Primary was among nine London schools that visited City Hall to receive awards for promoting active and safer travel.

Transport for London (TfL) hosted the Sustainable Travel: Active, Responsible, Safe schools programme awards (STARS) on November 3.

The achievements of schools in reducing car use, increasing walking and cycling and using public transport more responsibly were celebrated at the annual event.

Awards were presented for the best primary and secondary school in

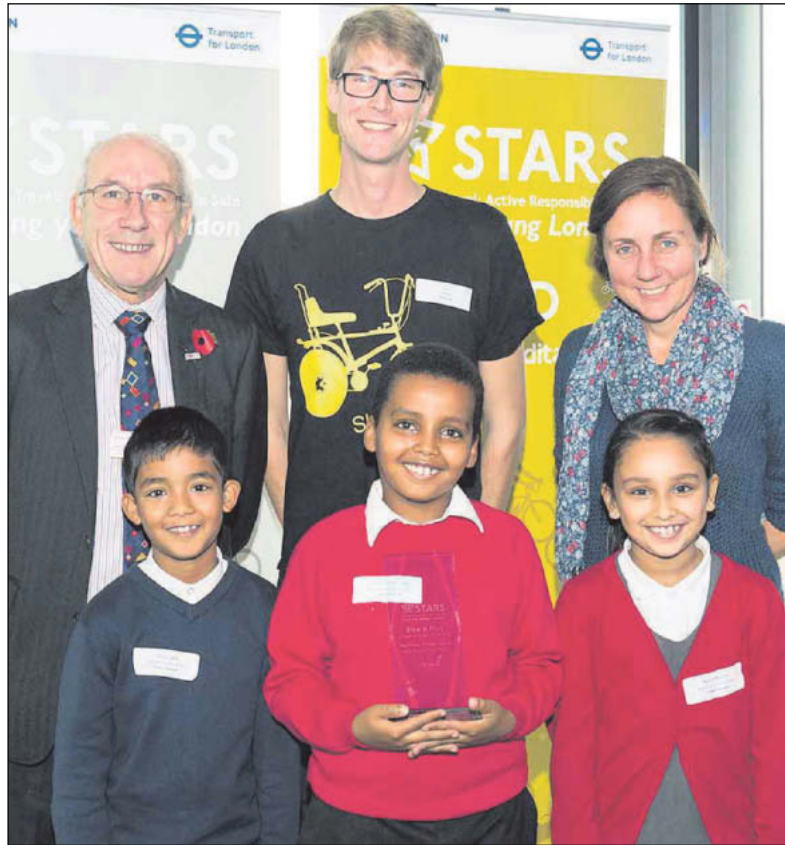
north, south, east and west London and schools of excellence in different travel areas.

Mayflower received the school of excellence Bike It Plus award.

Fiona McGain, the Poplar school's travel champion, has promoted Bike It activities, including assemblies, kit sales and a big pedal competition.

Leon Daniels, managing director of TfL surface transport, said: "It is fantastic that more schools are joining our STARS programme each year.

"What children learn now will have a lasting effect on our environment. That's why we want more schools to sign up and emulate the inspirational work of STARS top performing schools."



Fiona McGain with Ahmed, Ohon and Nuha, and TFL representatives

Globe kids get the facts on fish

PUPILS at Globe Primary School in Bethnal Green learnt where some of the food on their lunch plates comes from during a visit from the Marine Stewardship Council.

The children also learnt about where fish and chips come from, the dangers of overfishing and what they can do to help protect the oceans.

Head teacher Marie Maxwell said the day helped the children understand why conserving the world's water environments is vital.

"They were all particularly interested in the dangers that ocean wildlife face and what we can do to protect our oceans and support sustainable fishing," she added.

"The Fish and Kid's mascot, Murdock the cat, was a huge hit and the children loved the stickers and activity sheets that he gave out."



SIR JOHN CASS SIXTH FORM COLLEGE

SIXTH FORM OPEN EVENINGS 2015

Thursday 22nd October, 5-7pm
and
Wednesday 2nd December, 5-7pm

To book your place you must sign up at
www.sjcr6thform.net

If you do not sign up by the deadline date,
entrance will be refused

*"The highest achieving Sixth Form
in Tower Hamlets"*

Stepney Way, London E1 0RH
Tel: 020 7790 6712
Web: www.sjcr.net
Email: info@sjcr.net



Childhood or early onset diabetes

In Type 1 diabetes, the body's immune system attacks and destroys the cells that produce insulin. As no insulin is produced, glucose levels increase, which can damage the body's organs.

SEE BELOW

£15 charge scrapped

Residents can arrange for bulky or large waste to be collected by calling the Streetline Team on 7364 5004.

SEE BELOW

News

THE council has launched a new Clean Team in a bid to rid the streets of litter. Mayor John Biggs and Cllr Ayas Miah, cabinet member for environment, met staff who clean the borough's streets at the Blackwall depot on October 30 (pictured right). The council has allocated £200,000 of extra funding to the team to ensure that dumped waste and fly-tipping is cleared away as quickly as possible. The mayor has also scrapped the £15 charge to have large or bulky waste items collected by the council. Further announcements will follow, including plans to launch a Fly-Tip Squad who will punish littering offenders with on-the-spot fines. Litter or recycling problems can be reported using the



council's free app, FiFiLi (Find It, Fix It, Love It), which is available for download from the App Store or Google

Play. Those with FiFiLi can photograph any problem on their smartphone and the app's location settings will

pinpoint where it is, so staff can respond quickly. Overflowing bins can also be reported by scanning their

unique QR codes, while fly-tipping or missed collections can be dealt with through simple online forms.

News in brief

Love your lungs

REPRESENTATIVES from Barts Health NHS Trust will be at Idea Store Chrisp Street to give out information and advice about loving your lungs. The event, on Wednesday, November 18, from 10am-4pm, will feature free breathing tests, smoking cessation tips and inhaler advice.

Idea Store Chrisp Street is in East India Dock Road, E14.

Alcohol advice

GUIDANCE and support for people who may need help to manage their intake of alcohol form part of events to mark Alcohol Awareness Week from November 16-20.

East London NHS Foundation Trust will be screening films themed around alcohol addiction. Residents are invited to attend and join in discussions.

Screenings, at 1pm every weekday except Tuesday, will be held at Tower Hamlets Specialist Addiction Unit, Mile End Hospital, Bancroft Road, E1.

Your say on ASB

CRIME and anti-social behaviour concerns will be discussed at a roadshow. The council's mobile police office will be visiting the junction of Poplar High Street, Ming Street and Saltwell Street, in Poplar on Thursday, November 19 from 3-6pm.

Reduce your risk of diabetes

BY ALISON LANGLEY

HAVING a healthy, low calorie and fibre-rich breakfast every morning is one of the ways people can reduce their risk of developing diabetes.

To mark World Diabetes Day, which took place on Saturday, November 14, NHS Tower Hamlets' Clinical Commissioning Group (CCG) and the council are promoting the benefits a healthy breakfast can have in combating diabetes and managing the condition.

Currently 3.9 million people in the UK are living with diabetes, 90 per cent of whom have type 2 diabetes.

Diabetes occurs when the body doesn't produce enough insulin, or the body's cells don't react to insulin.

More and more people are developing Type 2 diabetes, but eating a healthy, balanced diet and being more active can reduce this risk.

In Tower Hamlets, it is estimated that more than 13,600

people have diabetes and 1,800 have the disease but have not been diagnosed.

Sir Sam Everington, a local GP and chair of NHS Tower Hamlets CCG, said: "There are a number of symptoms that can indicate the onset of type 2 diabetes and I would urge people to listen to their body.

"Noticing changes and seeking medical advice if you have any concerns could help detect diabetes sooner."

The main symptoms of diabetes are:

- feeling very thirsty;
- urinating more frequently than usual, particularly at night;
- feeling very tired;
- weight loss and loss of muscle bulk;
- itching around the genitalia areas, or frequent episodes of thrush;
- cuts or wounds that heal slowly;
- blurred vision (caused by the lens of the eye becoming dry).

Eating a healthy breakfast not only prevents blood sugar levels from getting too high,

it also keeps people fuller for longer.

Healthy breakfast options include:

- wholegrain bread such as seeded batch, multi-seed, granary, soya and linseed;
- having pure fruit spread or

mashed or chopped banana, instead of jam, on toast;

- low-fat or plain, natural Greek yogurt with fresh fruit, nuts or seeds;
- porridge with nut butter or fresh fruit.

Cllr Amy Whitelock-Gibbs

ONE BED FLAT

LADY MICO'S ALMSHOUSES



- In an attractive courtyard setting
- Available for retired single lady
- Applicants should have connections with Stepney/East End of London
- Reasonable charges

Please apply to the Housing Coordinator for further information Tel. 020 7776 7215

Searching for the best school for your child? Visit our outstanding provision...

NURSERY AND RECEPTION OPEN DAYS

24 & 25 November 2015
7 & 8 December 2015
21 & 22 January 2016
9:30 - 11:00am



"Children get off to an excellent start in early years. They make rapid progress in all areas of their development [and] continue to make outstanding progress as they move through the school." Ofsted, July 2015

www.cyriljackson.towerhamlets.sch.uk

South Building | Limehouse Causeway | Limehouse | London | E14 8AQ
T: 020 7987 3737 | E: admin@cyriljackson.towerhamlets.sch.uk

Sleepless Nights?

Not any more!

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!



CALL OUR HOTLINES **Now!** ☎ **020 7377 2695**
☎ **020 7247 1581**

www.happynightmares.co.uk

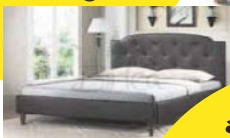
HUGE SELECTION OF
•BEDS •MATTRESSES
•BEDFRAMES •SOFAS
•WARDROBES •DINING
TABLES •CHEST OF
DRAWERS IN
STOCK NOW!

All types and sizes of
MATTRESSES
in stock now!
•Orthopaedic •Open Coil •Pocketsprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure

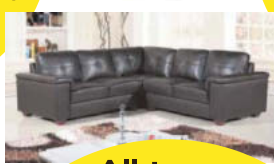


All types and sizes of
DIVAN BEDS
in stock now!
Great Prices!

All types and sizes of
BEDFRAMES
in stock now!
•Metal •Leather •Fabric Wood •Traditional & Modern Designs



All types and sizes of
SOFAS
in stock now!
•2 Seaters •3 Seaters •Corner Sofas •Recliners



All types and sizes of
BUNK BEDS
in stock now!
•Doubles •Triples •Wood •Metal



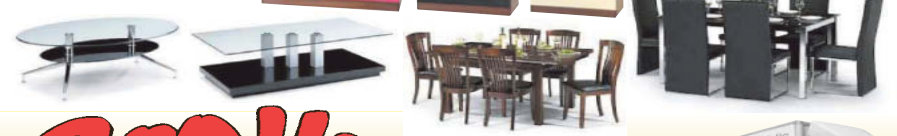
All types and sizes of
WARDROBES
in stock now!



All types and sizes of
CHEST OF DRAWERS
in stock now!



All types and sizes of
TABLES, CHAIRS & DINING ROOM FURNITURE



And much, much more!



FAST
NEXT DAY DELIVERY
OR COLLECT FROM STOCK
www.happynightmares.co.uk
BUY NOW ONLINE OR OVER THE PHONE
☎ **08453 709709**
OR VISIT ONE OF OUR WAREHOUSES
LONDON HARLOW
020 7247 1581 01279 422212
Unit 67/68 Vallance Road, Whitechapel, London E1 5BW
Unit C, St James Centre, East Road, Harlow CM20 2SX (Behind the Range)
OPEN 7 DAY A WEEK EASY PARKING

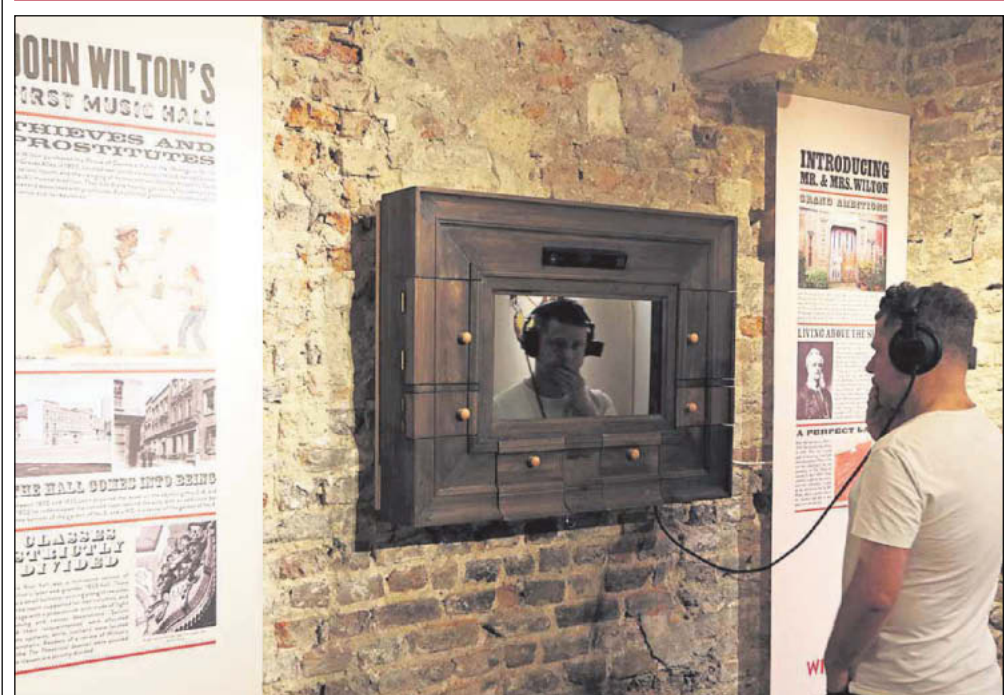
Trains, trams, Tubes, buses



The London Transport Museum explores the story of the growth of the capital and its transport system over the last 200 years.

WWW.LTMUSEUM.CO.UK

History news



VISITORS to Wilton's Music Hall in Wapping can explore the rich and varied history of the grand venue, through a cabinet of curiosities containing items from its archive and archaeology collection. The John Wilton Room, a newly created history and heritage space, allows visitors to hear stories, learn about the physical structure of the building through a 3D model and read all about the characters in Wilton's history. For details of shows and opening times, visit <https://wiltons.org.uk>

The road ahead

LAST week, East End Life carried a photo of a vintage bus being used to provide extra services during the recent DLR strike. The leader of the council's Conservative opposition group, Cllr Peter Golds, is a keen bus spotter and wrote:

"London's famous Routemaster buses were the last to be designed by London Transport engineers specifically for the capital. Orders were placed for them to replace the huge London trolleybus system between 1959-1964.

"Designed in lighter metals, without a chassis, with automatic gears, internal heaters and eight feet in width, they were a huge advance.

"However, the bus builders were unable to commence mass deliveries of Routemasters and the first three stages of the trolleybus conversion programme used surplus existing vehicles from London Transport's 6,000 strong fleet of RT buses.

"Stage two of the conversion programme saw route 677 replaced by the 277 – the bus in last week's picture – which today mainly follows the previous trolleybus and tram routes dating back 110 years. Indeed this route had been the last horse-to-electric tram conversion in the



PHOTO: London Transport Museum

aftermath of the First World War. "Exactly 56 years ago last week saw the conversion of Poplar depot, which still stands in Leven Road although no longer used for public transport, from trolleybuses to Routemasters. Shortly before midnight on November 10, 1959, RM 82 took up service on new route 284. "The picture (above) shows

the scene earlier in Poplar depot. RM 82 can be seen on the right, being prepared. "Once again, Tower Hamlets made history as it was from here the legendary Routemaster was launched. I suspect nobody in London Transport could have imagined that the buses sent out that night would continue well into the 21st century."



From conflagration to gentrification

Looking east, the history of London since the devastation wrought by the Great Fire in 1666 is etched in the buildings that have survived as silent witnesses to a city's evolution.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

SEE BELOW

WWW.EASTLONDONHISTORY.COM

History

Preserving London's townhouses

BY JOHN RENNIE

THE City of London is a background hum and the bustle of Liverpool Street station is just minutes away.

Pop your head out of the door, look east, and you see the sleek glass cliffs of Bishopsgate marching east, ready to swallow the old East End. Yet something stands in the way of this 'progress'.

The old weavers' houses of Spitalfields, providing an elegant fire break between relentless modernity and the jumble of Brick Lane. "Change stops here," Princelet, Hanbury, Fournier Streets and the rest seem to say. Yet these elegant homes were the consequence of a devastation of London... and were never meant to last.

We're big on our history in London, yet for a city dating back two millennia, we have precious few old buildings.

No Rome, Prague or San Gimignano – and, if you're looking for medieval cities in England, you'd be far better off heading north to York. Much of the City has been swept away by redevelopment, but the real damage was done by the Great Fire of 1666.

On the morning of September 5, Londoners awoke to the wreckage of a city that had been burning for three days. Samuel Pepys viewed London from Barking steeple and pronounced it "the saddest sight of desolation that ever I saw". But for Christopher Wren and 'the English Leonardo da Vinci', Robert Hooke, the conflagration offered the opportunity to rebuild London from scratch.

Wren's plan would be rejected as too radical (a Haussman-style vision of the city). Hooke, meanwhile, would be driven mad by rejection, and would end his days telling anyone who would listen about the 'theft' of his ideas.



The interior of 13 Princelet Street, as restored by Peter Lerwill

But elements of the new thinking were adopted by City fathers desperate to avoid building a new tinderbox London. And, like the city's smoke, these ideas drifted east.

There were limitations. Buildings must be made of stone (so any fires wouldn't take the whole city with them) and they mustn't overhang to the point of touching at the roof line, for the same reason.

Space was still at a premium, so buildings would be constructed on a small footprint. And, most troublesome of all, was how to finance the wholesale rebuilding of the capital as, by 1702, London and Westminster had merged into a huge town snaking along the Thames' north bank.

The answer was speculative building. Canny businessmen would buy up large parcels of the newly cleared land and subdivide them into clearly delimited lots.

The standard lot was 24 feet in width (the depth being limited by the distance to the next parallel street). The landlords would then lease the land, the proviso being that the lessee build a house upon it and pay ground rent back to the landlord, ensuring a continuing stream of income.

And sometimes the leases were quite short – then, if the landlord chose not to renew, the house would revert to his ownership. Thus evolved the classic London town house and so too the peculiarly London system of leasehold that persists to this day.

The Earl of Southampton's development of the Bloomsbury estate set the template, but in Spitalfields they were taking note. Even without the fire, incoming Huguenots were strapped for places to live and work.

Forced from Europe by the Louis XIV's Revocation of the Edict of Nantes in 1685,

Critics charged that a working class area had become 'a gentrified enclave'. But at least it was saved.

which exposed these Protestants to persecution by Catholics, they fled to London, where James II's government saw a use for their skills. London was now in the midst of a building boom, and their trades – they were expert masons, silversmiths, clockmakers and, especially silkweavers – would help rebuild the capital.

John Strype, in his introduction to the 1754 edition of Stow's Survey Of London, wrote approvingly of the new Londoners. "Here they have found quiet and security and settled themselves in their several trades and occupations."

It's a slightly rosy picture, as there is evidence of existing East Enders, particularly those who saw themselves outskilled by the new arrivals, attacking the Huguenots and smashing their looms.

But they were here to stay and up went new homes along Fleur de Lys, Fournier Street and the rest, the names echoing the Continent they had left behind forever.

These were based on the Bloomsbury model but cheaper, faced with brick rather than stone, and with of course the attic

doors and hoists to take in the raw material and lower out the finished goods.

In 1700, Princelet Street was still a market garden, called Joyce's Garden, bordering other open ground – the Spital Field and the Tenter Ground (where cloth was hung out to dry). Charles Wood and Simon Mitchell were buying up the ground and in 1718 they began issuing leases.

In June 1719, Edward Buckingham – a mason – took a 60-year lease on No 21 (the modern-day Number 13). Most of the speculative builders were carpenters or bricklayers, but it made little difference. The constraint of party walls meant every house was built to the same template; every house too had to have a stone parapet hiding the pitch of the roof; and the newly invented sash window demanded that windows be set back in recess with doorways following suit.

The houses appear very substantial to modern eyes, but nobody assumed they would last. Short leases and London's economic growth would see to that.

But somehow 13 Princelet Street and its neighbours survived. As London's population exploded, rather than redeveloping the landlords simply squeezed more people in. The 18th century silk weavers made way for an engraver, a jeweller and a fruit seller. By the 19th century several families were crammed in together and Spitalfields was becoming a slum.

It would all have gone in the 1970s, had it not been for the battle mounted by the Spitalfields Trust. New owners moved in and painstakingly rebuilt the houses. Some, like the brilliant but uncompromising Dennis Severs, simply pretended that time had stood still since 1730.

Others, like Peter Lerwill, who bought the dilapidated 13 Princelet Street in 1984, lovingly restored it as close to the original condition as practicable. Critics charged that a working class area had become "a gentrified enclave". But at least it was saved.

And Lerwill gave it back to Spitalfields (or more specifically to The Landmark Trust). Now future generations can enjoy Lerwill's vision (and that of his architect Julian Harrap) for centuries to come.

References:

■ **Landmark: A history of Britain in 50 buildings** by Anna Keay and Caroline Stanford

■ www.eastlondonhistory.com/2011/06/16/robert-hooke-and-bedlam

■ www.spitalfieldslife.com/2010/05/22/13-princelet-street-the-landmark-trust/

■ www.landmarktrust.org.uk/search-and-book/properties/princelet-street-10868/



The exterior of 13 Princelet Street

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



বারাকে পরিচ্ছন্ন রাখতে নতুন দল মাঠে নামিয়েছে কাউন্সিল

বারার রাস্তাগুলোকে আবর্জনামুক্ত রাখতে নতুন একটি পরিচ্ছন্ন দল মাঠে নামিয়েছে কাউন্সিল। মেয়র জন বিগস এবং কেবিনেট সদস্য কাউন্সিলর আয়াছ মিয়া পরিচ্ছন্ন কাজে নিয়োজিত দলের কর্মীদের সাথে দেখা করতে ব্ল্যাকওয়াল ডিপোট এ যান। বিস্তারিত পড়ুন নিচে –

MAYOR LAUNCHES CLEAN TEAM

Harmony

Xarunta cusub ee dawlada hoose

Town Hall will move to Royal London site – issue 1085

QORSHAHA xarun dhismo ah oo cusub oo laga hirgelinayo halkii uu ahaan jirey isbitaalkii hore ee Royal London Hospital ayaa la isla ogolaaday.

Go,aanka waxa lagu ogolaaday kulankii wasiirada councilka ee qabsoomay 3dii Noofambar, qorshuna wuxu yahay in inta badan shaqaalaha councilka, xildhibaanada iyo duqa degmadu ay u soo guuraan, dhimsahan darajada labaad ka gelaya dhismayaasha taariikhiga ah oo laga dhisayo Whitechapel Road.

Intii ka dambeysay doorashadii qabsoontay bishii Juun, Duqa John Biggs wuxu codsaday in dib loo eego qorshayaashii hore loo ogolaaday ee ku saabsanaa isbedelka Whitechapel, si loo hubiyo in mashruucani yahay fursadii ugu fiicnayd, iyo in qiimaha lacagta uu ku dhismayaaa tahay

ta ugu suurtagalsan. Councilku wuxu dib u eegis ku sameeyey meelo kala duwan oo dib u habayn lagu samaynayo, iyo meelo dhismayaal cusub laga dhisayo, oo ay ka mid tahay isbedel lagu samaynayo dhismayaal hore oo ku yaala Commercial Road iyo Bethnal Green.

Arimaha kale ee muhiimka ah ee u baahan in laga fiirsado waxa ka mid ah, kaydka misaaniyada ee councilku samaynayo, dakhliga kasoo gelaya dhismayaasha councilku iibinayo, iyo in la dhiso guryo kiradooda la awoodi karo.

Dhamaan mashaariicdan laga fulinayo Whitechapel waxa lagu dooranayaa qiimaha lacagta ugu fiican ee ku baxaysa, iyadoo lagu xisaabtamayo kaydka mustaqbalka fog ee councilka. Councilka Tower Hamlets wuxu suurta geliyey inuu dhiso guryo

ihii ugu badnaa ee wadanka laga dhiso, sidoo kalena isbitaalka Royal London waxa laga dhisayaa in ka badan 700 guryo cusub ah. Ugu yaraan 35% guryaha cusub ee la dhisay waa guryo kiradooda la awoodi karo.

Duqa Tower Hamlets ee John Biggs ayaa wuxu yidhi: “Marka la eego baaxada iyo hawsha qorshahan, waa muhiim in la hubiyo nidaamka shaqadan, iyo inuu mushruucani noqdo mid sida ugu wanaagsan waxtar ugu leh dadka degmada degan.

“Isbedelka dhismaha darajada labaad ahi waxay muujinaysaa muuqaal cusub, sidoo kalena isbitaalkii hore ee Royal London wuxu u ahaa wadnaha bariga London, ilaa 1700kii. Isbitaalka waxa loogu talo galay in loogu adeego dadka degmada, Dhismahanina wuxu mar labaad noqonayaa meel loogu adeego dadweynaha.”

Codsiga talaalka hargabka ku saabsan

Public urged to get free flu jab – issue 1085

DADKA da,doodu 65 ka weyn tahay, haweenka xaamilada ah, ama dadka qaba xanuun sida, kansar, sonkorow, wadnaxanuun ama xanuun neefsiga la xidhiidha, waxa lagula talinayaa inay qaataan talaalka hargabka.

Hargabku waa jeermis si fufud laysu qaadiin karo. Hargabku waa xanuun khatar ah. Adeega Caafimaadka Qaranka ee Tower Hamlets iyo councilku, waxay dadka usoo jeedinyaan si looga hortago khatarta hargabka inay qaataan talaalka bilaashka ah.

Talaalka waxa Adeega Caafimaadka qaranku ugu talo galay: ■ dadka da,doodu kor u dhaaftay 65 jir; ■ haweenka xaamilada ah; ■ dadka qaba xanuunada; sida xanuunka wadnaha, sonkorow,

kelya xanuun, beer xanuun,iyo kuwa ay ku adag tahay neefsashadu;

■ Dadka taagta daran, tusaale ahaan kuwa qaata daaweynta xanuunka kansarka;

■ caruurta da,doodu u dhaxayso 2 jir ilaa 4 jir

■ daryeelayaasha dadka waaweyn ama dadka naafada ah ee ay suurtagal tahay inay xanuun u gudbiyaan qofka ay daryeelayaan, hadii daryeeluho xanuunsado.

Dadyowgan kor xusan 11 jeer laab ayay suurtagal tahay inay xanuuno kale soo darsaan hadii hargab ku dhaco. Waxayna dadyawga uu hargabku khatar ku keeni karaa, tallaalka bilaashka ah ka heli karaan dhakhtarada xaafadaha iyo farmasiyada.

Caruurta da,doodu u dhaxayso 2 sanasood ilaa 4 sanadood, waxa loogu talo galay talaal san-

ka lagaga buufinayo, oo ka difaacaysa inay jeermiska qaadaan. Daawayntani waa ka kaar yar tahay, waana ka dhakhso badan tahay mudista.

Sir Sam Everington, oo ah gudoomiyaha gudida bukaan eegida iyo dakhtarada xaafadaha ayaa wuxu yidhi: “Hadii aad ogaato inaad xanuun u halis tahay marka hargab kugu dhaco, waxaan kugu dhiiri gelinayaa inaad talaalka qaadato.

“Waa badbaado, waana bilaash wuxuna kaa difaacayaa hargabka. Talaalka waxa la cusboonaysiiyaa sanad walba, si loola dagaalamo noocyada jeermiska ee cusub, sidaa darteed hadaad ka mid tahay, dadka khatar xanuun oo kale ku iman karto, marka hargab ku dhaco, talaalkana aad qaadatay sanadkii tegay, waxaad u baahan tahay talaal kale sanadkan.”

বার্ডেট রোডে অনুমোদন পেলো ৪৫০ স্কুল আসন সহ নতুন বাড়ি-ঘর নির্মাণ প্রকল্প

Plans for 450 school places in Burdett Road – page 1 & 3

বার্ডেট এস্টেটের পূর্ণউন্নয়ন পরিকল্পনা অনুমোদন করেছে টাওয়ার হ্যামলেটস কাউন্সিল।

বার্ডেট এস্টেট রিজনারেশন বা পূর্ণউন্নয়নে সোশ্যাল ল্যান্ডলর্ড পপলার হারকার পরিকল্পনার অংশ হিসেবে ভূমি বাধ্যতামূলক ক্রয় প্রস্তাব ও নভেম্বর অনুষ্ঠিত কেবিনেট মিটিং এ অনুমোদন লাভ করে।

কম্পালসরি পারচেজ ওর্ডার বা বাধ্যতামূলক ক্রয় আদেশের ফলে পূর্ণউন্নয়ন পরিকল্পনা বাস্তবায়নের জন্য প্রয়োজনীয় জমি অধিগ্রহণ করতে সক্ষম হবে কাউন্সিল। এর ফলে ভাড়া দেয়া ও বিক্রি করার নিমিত্তে বর্তমান দুটি হাউজিং ব্লক পূর্ণউন্নয়ন করে নতুন ঘর তৈরী করা হবে এবং সেন্ট পলস ওয়ে ট্রাস্ট স্কুলের জন্য অত্যন্ত প্রয়োজনীয় সম্প্রসারণ করে স্কুল আসন বাড়ানো হবে। এই উন্নয়ন পরিকল্পনা এর মধ্যে প্ল্যানিং অনুমোদন লাভ করেছে।

উন্নয়ন প্রস্তাবনা অনুযায়ী বিবিধ ব্যবহারের উদ্দেশ্যে পূর্ণউন্নয়নের নিমিত্তে হারকা

মালিকানাধীন দুটি হাউজিং ব্লক গ্রিনটন এবং লিনটন হাউজ ভেঙ্গে ফেলা হবে। নতুন ভবনের গ্রাউন্ড ফ্লোর ব্যবহৃত হবে সম্প্রসারিত স্কুলের জন্য। আর উপরে থাকবে আবাসিক ঘর। এই ধরনের উন্নয়ন পরিকল্পনা অন্যত্র অত্যন্ত সফলভাবে বাস্তবায়িত হয়েছে।

এই উন্নয়ন পরিকল্পনা বাস্তবায়িত হলে ৪৫০টি প্রাইমারী স্কুল আসন নিশ্চিত হবে, যার মধ্যে থাকবে বিশেষায়িত নার্সারি স্পেস এবং ৪ থেকে বছর বয়সী ১৬৫০ শিশু কিশোরের শিক্ষা চাহিদা পূরণে সেন্ট পলস ওয়ে ট্রাস্ট স্কুল সক্ষম হবে। একই সাথে স্কুল আসন বৃদ্ধির অব্যাহত চাপ মোকাবেলা করতে সক্ষম হবে কাউন্সিল। স্কুল পরিকল্পনার মধ্যে রয়েছে বিবিধ ব্যবহার উপযোগী খেলাধুলার স্থান এবং নতুন স্কুল প্রোগ্রাউন্ড।

নতুন হাউজিং ডেভেলপমেন্ট পরিকল্পনা অনুযায়ী ১০৯টি নতুন ঘর নির্মাণ করা হবে, যার মধ্যে ১২টি হবে সোশ্যাল রেন্টেড হোমস এবং

৮৩টি হবে প্রাইভেট বিক্রির জন্য।

উন্নয়ন পরিকল্পনাকে ‘অপরাধমুক্ত’ করে ডিজাইন করতে পপলার হারকা মেট্রোপলিটান পুলিশের সাথে ঘনিষ্ঠভাবে কাজ করছে। টাওয়ার হ্যামলেটসের মেয়র জন বিগস বলেন, আমি এই উদ্যবনী প্রকল্পকে সহযোগিতা করতে পেরে আনন্দিত। এর ফলে অত্যন্ত প্রয়োজনীয় স্কুল আসন সংখ্যা যেমন বাড়বে, তেমনি বারার যেখানে চাহিদা খুব বেশি, সেখানে গড়ে ওঠবে অত্যাধুনিক স্কুল বিল্ডিং পাশাপাশি নতুন সামর্থ্যবান বাড়ি ঘরও সরবরাহ করা সম্ভব হবে।

কেবিনেট মেম্বর ফর স্ট্র্যাটেজিক ডেভেলপমেন্ট, কাউন্সিলর র্যাচেল ব্ল্যাক বলেন, বার্ডেট রোড সাইটে বিভিন্ন ধরনের টেনিউর টাইপস এবং প্রত্যাশিত কোটার সামর্থ্যবান আবাসন নিশ্চিত করা হয়েছে। পপলার হারকার উন্নয়ন পরিকল্পনা বাস্তবায়নে সহযোগিতা করতে পেরে আমরা সন্তুষ্ট।



Mayor John Biggs with the Clean Team in Blackwall

বারাকে পরিচ্ছন্ন রাখতে নতুন দল মাঠে নামিয়েছে কাউন্সিল

Mayor launches Clean Team – page 11

টাওয়ার হ্যামলেটস বারার রাস্তাগুলোকে আবর্জনামুক্ত রাখতে নতুন একটি পরিচ্ছন্ন দল মাঠে নামিয়েছে কাউন্সিল।

মেয়র জন বিগস এবং পরিবেশ বিষয়ক কেবিনেট সদস্য কাউন্সিলর আয়াছ মিয়া তাঁদের ব্যস্ততম শিডিউল থেকে সময় বের করে বারার রাস্তাগুলোকে পরিচ্ছন্ন রাখতে নিয়োজিত দলের কর্মীদের সাথে দেখা করতে ব্ল্যাকওয়াল ডিপোট এ যান।

সাপ্তাহিক কয়েক সপ্তাহে টাওয়ার হ্যামলেটসের মেয়র কর্তৃক একাধিক পদক্ষেপ ঘোষনার প্রেক্ষিতে ক্রিন টিম পূর্ণরুজ্জিবীত হয়েছে।

প্রথমত, যেখানে সেখানে স্তুপকৃত আবর্জনা ও ছড়িয়ে ছিটিয়ে ফেলা পরিত্যক্ত আবর্জনা যত তাড়াতাড়ি সম্ভব অপসারণ করতে কাউন্সিলের

ক্রিন টিমের অনুকূলে অতিরিক্ত ২ লাখ পাউন্ড বরাদ্দ দেয়ার কথা মেয়র ঘোষণা করেন।

এরপর কাউন্সিল কর্তৃক সংগৃহীত বাক্তি বা বড় আকারের পরিত্যক্ত সামগ্রি অপসারণের ক্ষেত্রে বাসিন্দাদের কাছ থেকে আদায়কৃত ১৫ পাউন্ড চার্জ বাতিলের ঘোষণা দেন মেয়র।

এই দুটি সিদ্ধান্ত ঘোষনার ফলে বারার যেখানে সেখানে আবর্জনা ফেলার সমস্যা দূর করতে ভূমিকা রাখছে। এছাড়া ফ্লাই টিপ স্কোয়াড মাঠে নামানোর ও পরিকল্পনা নেয়া হচ্ছে, যারা অকুস্থলে ফ্লাই টিপিং বা আবর্জনা নিষ্ক্ষেপকারীকে জরিমানা করবে।

মেয়র অব টাওয়ার হ্যামলেটস, জন বিগস বলেন, বাসিন্দারা তাদের নিজের এলাকা নিয়ে গর্ব করবেন, এটা নিশ্চিত করাটা খুবই গুরুত্বপূর্ণ। যারা এই বারাকে তাদের ময়লা

আবর্জনার ভাগাড়ে পরিণত করতে তৎপর, তাদের বিরুদ্ধে যথাযথ ব্যবস্থা নিতে বিভিন্ন ধরনের উদ্যোগ নিয়ে আমরা কাজ করে যাচ্ছি।

তিনি বলেন, আমরা এর মধ্যে অতিরিক্ত অর্থ বরাদ্দের ঘোষণা দিয়েছি এবং বাক্তি ওয়েস্ট বা বড় আকারের আবর্জনা, পরিত্যক্ত সামগ্রী অপসারণের চার্জ বাতিল করেছি। আগামী মাসগুলোতেও আরো কিছু যুগান্তকারী পদক্ষেপ নেয়া হবে।

কেবিনেট মেম্বর ফর এনভায়রনমেন্ট, কাউন্সিলর আয়াছ মিয়া বলেন, পরিচ্ছন্ন টাওয়ার হ্যামলেটস গড়তে আমরা বদ্ধপরিকর। যাঁরা এই পরিচ্ছন্নতার কাজ করে যাচ্ছেন, তাদের কয়েক জনের সাথে দেখা করতে পারাটা আমাদের জন্য আনন্দের। আবর্জনামুক্ত পরিবেশ নিশ্চিত করতে আইনের যথাযথ প্রয়োগ আরো সুদৃঢ় করা হবে।



গাড়িতে শিশুদের উপস্থিতিতে ধুমপান করলে জরিমানা

অনুর্ধ্ব আঠারো বছর বয়সীদের উপস্থিতিতে গাড়িতে ধুমপান বেআইনী করা সত্রাস্ত আইন কানুন বাসিন্দাদের অবহিত করতে কাউন্সিলের আংশিক অর্থায়নে পুলিশ বারাব্যাপি নানা উদ্যোগ গ্রহণ করেছে। অফিসাররা ১৮ বছরের কম বয়সীরা গাড়িতে থাকলে ধুমপান না করতে গাড়ি চালকদের অনুরোধ করেন। বিস্তারিত পড়ুন নিচে –

POLICE ENFORCING SMOKE FREE LEGISLATION ACROSS THE BOROUGH

Harmony

ভিক্টোরিয়া পার্কে অনুষ্ঠিত হলো বার্ষিক আতশবাজি উৎসব Fireworks go off with a bang in Victoria Park – page 3

জাতীয়ভাবে সবচেয়ে জনপ্রিয় পার্ক টাওয়ার হ্যামলেটসের ভিক্টোরিয়া পার্কে গত শনিবার কাউন্সিলের উদ্যোগে অনুষ্ঠিত হয় বার্ষিক আতশবাজি উৎসব।

প্রায় ৭৫ হাজারেরও বেশি লোক ভিক্টোরিয়া পার্কে উপস্থিত হয়ে উপভোগ করেন বার্ষিক এই আলোর উৎসব।

নির্ধারিত সময়ের ঘন্টা কয়েক আগে বৃষ্টিপাত শুরু হলে অসংখ্য মানুষ ফেসবুক, টুইটারে গিয়ে জানতে চান, ফায়ারওয়ার্কস্‌টা হচ্ছে কি না। তবে ঘন্টাখানেক আগে বৃষ্টিপাত থেতে গেলে নির্ধারিত সময়েই অনুষ্ঠিত হয় বছরের সবচেয়ে আকর্ষণীয় এই আতশবাজি উৎসব।

কাউন্সিলের সংস্কৃতি বিষয়ক কেবিনেট মেম্বর, কাউন্সিলর আসমা খাতুন আনুষ্ঠানিকভাবে ফায়ারওয়ার্ক উদ্বোধন করেন। এসময় তিনি বলেন, আমাদের এই বার্ষিক আতশবাজি উৎসব দেখতে এত বিপুল সংখ্যক মানুষের উপস্থিতি দেখে আমরা অভিভূত। বিপুল সংখ্যক মানুষে তাদের পরিবার পরিজন ও বন্ধু-বান্ধবদের নিয়ে এই উৎসবে যোগ দেয়ায় গোটা পরিবেশকে উচ্ছল করে তুলেছে। ৫ বছর পর আবারও ভিক্টোরিয়া পার্কে ফিরে এসেছে বার্ষিক এই আতশবাজি উৎসব। এজন্য মেয়র জন বিগস বিশেষভাবে ধন্যবাদ পাওয়ার যোগ্য। ভিক্টোরিয়া পার্কে



ফায়ারওয়ার্কস্‌কে ফিরিয়ে আনতে কাউন্সিলর হিসেবে আমি বহু মানুষের অনুরোধ পেয়েছি এবং তা নিয়ে মেয়রের সাথে কথা বলি এবং তিনি জনসাধারণের কথা শুনেছেন।

২০ মিনিট ব্যাপি এই আতশবাজি উৎসব চলার সময় সাউন্ডট্র্যাকে টাওয়ার হ্যামলেটসের লিজেড

ডিজি রাসকেল, পপ প্রিন্সেস রিহানা, ড্যাম শার্লি ব্যাসির গান বাজানো হয়।

শো শেষ হওয়ার পর বিপুল সংখ্যক মুগ্ধ দর্শক সোশ্যাল মিডিয়ার মাধ্যমে কাউন্সিলকে ধন্যবাদ জানান।

মেয়র জন বিগস বলেন, শনিবার রাতে

ভিক্টোরিয়া পার্ক হাজার হাজার উৎফুল্ল মানুষে পরিপূর্ণ হয়ে ওঠেছিলো। সোশ্যাল মিডিয়ায় অসংখ্য মানুষের ধন্যবাদ পেয়ে আমরা অভিভূত। জনগণ চেয়েছিলেন প্রিয় এই আতশবাজি উৎসবটি আবার ফিরে আসুক ভিক্টোরিয়া পার্কে, আমরা তাদের কথা শুনেছি।

গাড়িতে অনুর্ধ্ব ১৮ বয়সীদের উপস্থিতিতে ধুমপান করলে ৫০ পাউন্ড জরিমানাঃ কাউন্সিলের সচেতনতামূলক উদ্যোগ

Police enforcing smoke free legislation across the borough – page 6

আঠারো বছরের কম বয়সীদের উপস্থিতিতে গাড়িতে ধুমপান বেআইনী করা সত্রাস্ত আইন কানুন বাসিন্দাদের অবহিত করতে টাওয়ার হ্যামলেটস কাউন্সিলের আংশিক অর্থায়নে মোট্রোপলিটান পুলিশ বারাব্যাপি নানা উদ্যোগ গ্রহণ করেছে।

পার্টনারশীপ টাস্ক ফোর্স (পিটিএফ) অফিসাররা কাউন্সিলের স্মোক ফ্রি এবং গণ স্বাস্থ্য বিভাগের কর্মীদের সাথে মিলে ১৮ বছরের কম বয়সীরা গাড়িতে থাকলে ধুমপান থেকে রিবত থাকতে গাড়ি চালকদের অনুরোধ করেন।

১ অক্টোবর থেকে কার্যকর হওয়া ধুমপান বিরোধী নতুন আইন অনুযায়ী গাড়িতে ১৮ বছরের কম বয়সী থাকা অবস্থায় কেউ ধুমপান করলে ৫০ পাউন্ড জরিমানা করা হবে।

বারার ইস্ট ফেরি রোডে অবস্থিত আসদা সুপারমার্কেটে কমবয়সী যাত্রী সহ গাড়ি ঢোকান সময় পুলিশ অফিসাররা তার গতিরোধ করেন এবং চালককে তার দায়দায়িত্ব ও নতুন আইন সম্পর্কে অবহিত করতে কাউন্সিল অফিসারদের সুযোগ করে দেন।

পিটিএফ অফিসাররা একই ধরনের প্রচারাভিযান ও অবহিতকরণমূলক কার্যক্রম আগামী সপ্তাহে শেডওয়েলের চ্যাপম্যান স্ট্রিটেও চালাবেন।

গত সপ্তাহে পরিচালিত এই সচেতনতামূলক কার্যক্রমে কাউন্সিল অফিসাররা ১৯ জন বাসিন্দাকে স্মোক ফ্রি হোম অঙ্গিকারে স্বাক্ষর



করতে সক্ষম হন। এসময় তারা জনসাধারণকে ধুমপানের ক্ষতিকর প্রভাব সম্পর্কে জনসাধারণকে বোঝান এবং ধুমপানের অভ্যাস পরিত্যাগে বিনামূল্যে যেসকল সার্ভিস পাওয়া যায়, তা ও অবহিত করেন।

কাউন্সিলের হেলথ এন্ড এডাল্ট সার্ভিসেস বিষয়ক কেবিনেট মেম্বর, কাউন্সিলর এমি হোয়াইটলক বলেন, পরোক্ষ ধুমপানের ক্ষতিকর

প্রভাব থেকে বারার কম বয়সী ছেলেমেয়েদের রক্ষায় নতুন ধুমপান বিরোধী আইনের প্রয়োগ আরেকটি শক্ত পদক্ষেপ।

তিনি বলেন, যে কোন প্রকারেই তামাক ব্যবহার করেন না কেন, তা আপনার স্বাস্থ্যের জন্য ক্ষতিকর। তাই বাসিন্দাদেরকে এ ব্যাপারে স্থানীয় স্টপ স্মোকিং সার্ভিসের সহযোগিতা নেয়ার জন্য অনুরোধ জানাচ্ছি। আমরা জানি যে

ধুমপানের অভ্যাস পরিত্যাগ খুবই কঠিন কাজ, তবে এ জন্য বারায় অনেকগুলো ফ্রি এডভাইস ও সাপোর্ট সার্ভিস রয়েছে।

ধুমপান পরিত্যাগ করতে চাইলে নিজের জিপি কিংবা ঘরের পাশের ফার্মাসিস্টের সাথে কথা বলুন অথবা ০২০ ৭৩৬৪ ৬৬৯৭ নাম্বারে ফোন করে স্টপ স্মোকিং সার্ভিসের বিশেষজ্ঞ পরামর্শকদের সাথে যোগাযোগ করুন।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

‘আমরার জাগা’ প্রজেক্টের জন্য ছবি পাঠানোর আহ্বান

Bengali East End Heritage Society

নবগঠিত বৈঙ্গলী ইস্ট এন্ড হেরিটেজ সোসাইটি নিজেদের এলাকার ছবি, যা দেখলে তাদের বাঙালি জনগোষ্ঠির কথা মনে করিয়ে দেয়, এমন ছবি পাঠানোর জন্য লন্ডনের বাসিন্দাদের প্রতি আহ্বান জানিয়েছে।

এই প্রজেক্টের নাম দেয়া হয়েছে ‘আওয়ার প্রেস’ বা ‘আমরার জাগা’।

রাজধানী লন্ডনে সাম্প্রতিক বছরগুলোতে বিপুল উন্নয়ন কর্মযজ্ঞ হচ্ছে, নির্মিত হচ্ছে নতুন নতুন বিল্ডিং। এই পরিবর্তন কিভাবে বাংলাদেশি কমিউনিটির ওপর প্রভাব ফেলেছে, তা খুঁজে বের করতেই এই প্রজেক্ট গ্রহণ করা হয়েছে।

আপনার নেইবারহুড, বাড়ি ঘর, স্থাপত্যগত নানা দিক, দোকান, স্ট্রিট মার্কেট, সামাজিক ইভেন্ট ইত্যাদি যা সরাসরি বাংলাদেশি কমিউ-



নিটিকে ইঙ্গিত করে, এমন ছবি পাঠাতে বলা হয়েছে।

নিজের নাম, যাবতীয় তথ্য, ছবির বিবরণ ও স্থান লিখে avidartagency@gmail.com এই ইমেইলে ছবি পাঠাতে অনুরোধ করা হয়েছে।



Liz Nelson and Simon Baxter with their Clean Britain award

পরিচ্ছন্নতার জন্য জাতীয় এওয়ার্ড পেলো কাউন্সিল

Borough streets scrub up well – issue 1085

টাওয়ার হ্যামলেটস্ বারা তার পরিচ্ছন্ন রাস্তা ঘাটের জন্য অত্যন্ত মর্যাদাকর ন্যাশনাল ক্রিন ব্রিটেন আওয়ার্ডস্ জিতেছে।

২৬ তম বার্ষিক সিআইডব্লিউএম ক্রিন ব্রুটেন এওয়ার্ড বিতরণী অনুষ্ঠানে বৃহত্তম স্থানীয় কর্তৃপক্ষ বিভাগে টাওয়ার হ্যামলেটস্ রৌপ্য পদক জয় লাভ করে।

গত ৫ নভেম্বর কাউন্সিল অফিসারদের হাতে পদকটি তুলে দেন চ্যান্সেল ফোর এর কাউন্টডাউন অনুষ্ঠানের সঞ্চালক নিক হোয়ার।

সব ধরনের আবর্জনা ও রিসোর্স ইভাঞ্চিত্তি যে পেশাগত গ্রুপ, কমিউনিটি সংগঠন, লকাল অথরিটি বা স্থানীয় কর্তৃপক্ষসমূহের সাফল্য ও উদ্ভাবনগুলোর স্বীকৃতি দিতেই ২৬ বছর ধরে এই এওয়ার্ড প্রদান করা হচ্ছে।

এবছর এওয়ার্ডের জন্য উল্লেখযোগ্য সংখ্যক নাম জমা পড়েছে। তবে কাউন্সিলের এন্টি বিচারকদের অভিভূত করে এবং রৌপ্য পদক

জিতে নেয়।

টাওয়ার হ্যামলেটসের মেয়র, জন বিগস বলেন, বারার রাস্তাসমূহ ও পাবলিক স্পেসগুলো আরো পরিষ্কার ও পরিচ্ছন্ন রাখতে আমাদের কঠোর পরিশ্রমের স্বীকৃতিতে হচ্ছে এই এওয়ার্ড। তবে এই পরিচ্ছন্ন কার্যক্রমে আরো উন্নত করার দরকার আছে।

তিনি বলেন, যত্রতত্র আবর্জনা ফেলা রোধ করে বারাকে পরিচ্ছন্ন রাখাতে বড় ধরনের আবর্জনা সংগ্রহের জন্য আমরা ইতিপূর্বে যে চার্জ করতাম, তা আমরা সম্প্রতি বাতিল করেছি।

কেবিনেট মেম্বর ফর এনভায়রনমেন্ট, কাউন্সিলর আয়াছ মিয়া বলেন, কেন্দ্রীয় সরকার কর্তৃক অব্যাহত বাজেট চাপ সত্ত্বেও আরো কার্যকর পস্থা বের করাটা গুরুত্বপূর্ণ। বারার বাসিন্দাদের জন্য আরো কার্যকর পস্থায় উদ্ভাবনী পদ্ধতিতে কাজ করার ক্ষেত্রে কাউন্সিলের ক্রিন টিম নেতৃস্থানীয় অবস্থানে রয়েছে।



Speaker of the council Abdul Mukit MBE in ceremonial robes and Mayor John Biggs, second right, laid wreaths on behalf of the council and residents of Tower Hamlets

We will remember



The ship's bell from HMS Crane, which was rung to begin the two minute silence at the Town Hall during Wednesday's ceremony

Right: Devki, a year 10 pupil, reads a poem during a school visit to the Bethnal Green memorial

People living and working in Tower Hamlets paid respects to those who gave their lives in the service of their country at a series of Remembrance Day events across the borough. **Jessica Odubayo** reports. Photos by **Carmen Valino** and **Kois Miah**.

A SERVICE was held at the Merchant Navy war memorial on Remembrance Sunday, November 8, to commemorate seafarers of the Merchant and Royal Navies who lost their lives at sea.

Organised by The Honourable Company of Master Mariners, proceedings were led by honorary chaplain Reverend Reginald Sweet and Reverend Margaret Sweet. The service at the Tower Hill memorial featured hymns and prayers.

Those who laid wreaths on behalf of the council and residents included Mayor John Biggs, speaker of the council Abdul Mukit MBE and Commander John Ludgate, representative Deputy Lieutenant for Tower Hamlets.

Remembrance Day ceremonies attended by councillors, community leaders, residents and cadets, members of the armed forces and their



families were also held at Tower Hamlets Cemetery Park and Christ Church, Isle of Dogs.

Mayor John Biggs said: "Remembrance Day is an important part of our heritage, and enables us to remember the suffering and sacrifices of those who came before us in the hope that they will never need to be repeated."

Council officers took part in a ceremony at the Town Hall in Mulberry Place on Armistice Day, Wednesday, November 11.

The HMS Crane ship's bell, which was adopted by the



borough and has had affiliations with Tower Hamlets since 1943, was rung to mark the start of two minutes silence observed by staff and visitors.

Commander Mark Whelan, president of the HMS Association, talked about the history of the ship, which took part in operations against Germany and Japan during the Second World War, and its bell, which was donated to the borough in 1966.

Pupils from Morpeth and Globe Road schools visited the Bethnal Green Memorial on Monday, November 9, to



Sea Cadets march at Sunday's service



The standard is raised during Sunday's ceremony



Leading the hymns



Attendees paid their respects at the war memorial



A veteran takes time to reflect

remember former pupils who died in the Bethnal Green Tube Disaster.

Former Morpeth pupils who were killed in the crush at the station were Iris Perryment, Barbara Land and Anthony Spicer.

Globe School pupils who lost their lives were Doreen and Ronal Collett, Vera Trotter, Eileen Bass, Renee Hall and Gwendolin Quorn.

Devki, a year 10 student from Morpeth, read a poem before wreaths were laid on the Stairway to Heaven memorial structure in Bethnal Green Gardens. The memorial is being built in honour of 173 people who lost their lives.

Survivors Alf Morris and Babs Clark also attended the ceremony. Both former Morpeth students, they returned to the school to give a history lesson about the disaster.

Babs, who was aged 11 when she was pulled from the crush and sent across the road to shelter under the railway arch, said the experience affected her for the rest of her life.

She remembered seeing dead bodies on the pavement as she was on her way home. Her mother told her that they were just tired and sleeping to keep her from worrying too much. Babs was left bruised all down one side of her body where she had been crushed, but was still sent to school the next day.

Babs said: "Life had to go on during the war. The head teacher allowed all the children that had been involved in the event to take the rest of the day off which was some compensation at the time."

Commander John Ludgate, representative Deputy Lieutenant for Tower Hamlets, leads the salutes at the laying of wreaths

Left: a touching message left at Sunday's memorial service



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

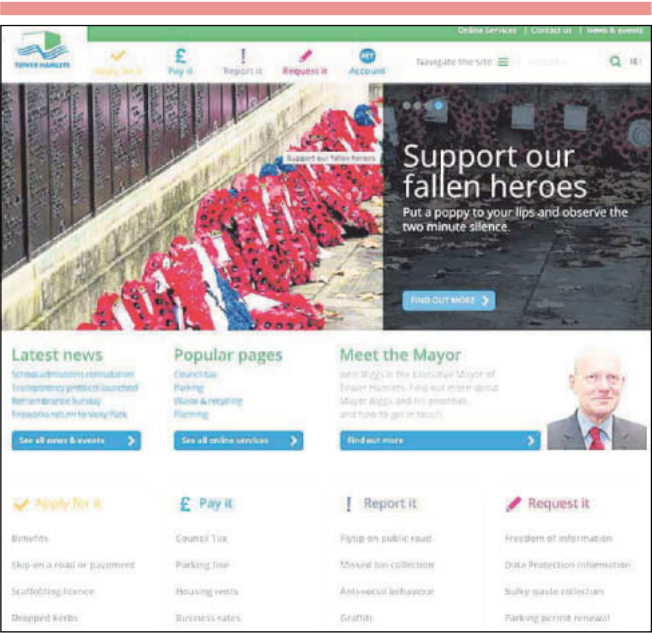
Tuesday, November 17:
5pm: Tower Hamlets Health and Wellbeing Board
For details call Elizabeth Dowuona on 7364 4207 or email elizabeth.dowuona@towerhamlets.gov.uk

Wednesday, November 18
7.30pm: Council
For details call Matthew Mannion on 7364 4204 or email matthew.mannion@towerhamlets.gov.uk

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Thursday, November 19
7pm: Strategic development committee
For details call Zoe Folley on 7364 4877 or email folley@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk
For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

- E1**
118-122 Brick Lane – traditional shop awning to fronts.
Eagle Works West, 56 Quaker Street – sub-division of 8 duplex flats (nos 1, 7, 8, 15, 23, 30, 31 & 42) to create 8 additional residential units.
42-46 Princelet Street – roof-level addition to provide office floorspace.
Flat B, 5 Albert Gardens – replace rotten sash windows in bedroom and overhaul of windows in property.
202-204 Commercial Road – change of use from retail to dental practice at ground-floor level.
99 Mansell Street – demolition of 6-storey brick building.

E1W
88 Waterman Way – rear extension at ground, first, second and third floors together with small subterranean swimming pool.
141 Wapping High Street – ground and first floor extension, new window and door, reroofing.
17 Vinegar Street – two-storey rear extension.

- E2**
Railway Tavern Public House, 131 Globe Road and 9 Portman Place – details of ground contamination of planning permission, ref: PA/15/02223.
412 Hackney Road – new second-storey to rear of two-storey block and the creation of two external balconies. New shopfront and internal modifications. Retention of commercial use at ground floor and change of use of the upper floors to provide 2 x 3-bed self contained flats.
49 Mowlem Street – details of construction management plan of planning permission, ref: PA/14/02079.
Unit 1, 239-253 Cambridge Heath Road – new shopfront.
Flat 4, 2a Turville Street – additional storey to provide residential accommodation.
32-40 Hackney Road – details of samples of planning permission, ref: PA/15/01682.

- E3**
Lord Cardigan Public House, 112 Anglo Road – demolition of existing single-storey rear

- extensions and construction of new single storey rear extension, internal alterations to create 2 x 1-bed flats, changes to layout of rear garden including new external access stair to first floor and alterations to boundary wall along Cardigan Road. New canvas awning over main entrance.
538-540 Roman Road – details of facing materials of planning permission, ref: PA/13/01086.
2 Tomlins Grove – two-storey rear infill-extension and internal reconfigurations and refurbishment of building, including removal of rear chimney breast, to create a self-contained basement flat and three-storey, three-bed house. Trimming of hawthorn tree in rear garden.
13-14 Mornington Grove – reduce sycamore by 1.5m and balance remainder. Prune conifer by a third.
Bow Enterprise Park, Cranwell Close – details of water supply infrastructure and highways improvements of planning permission, ref: PA/10/01734.

E14
Pier Street Estate, Pier Street – communal entrance signage.
41 Friars Mead – single-storey side extension.
Fraser Place, 80 Boardwalk Place – five illuminated signs on building elevation.
Leamouth Peninsula North, Orchard Place – details of pedestrian and cycle bridge of planning permission, ref: PA/14/01655.
19 Cold Harbour – extensive programme of external refurbishment works including repair, restoration or replacement of elements of the building. Resurfacing of car park.
George Green Secondary School, 100 Manchester Road – lift crown of London plane and cherry trees by approximately 6m.
Pocket of land between DLR arches and viaduct, adjacent to Mill Place. Accessible from Basin approach, through the DLR archway – new sub-station in conjunction with the adjacent Commercial Road/Basin Approach residential development.
27 Ropemakers Fields – four-storey rear extension, glazed roof terrace, an extended basement area and new studio space under open court yard area (raised by approx. 600mm), along with other minor alterations.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre,
179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor,
20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village,
Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel,
60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village
Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081



St Paul's Way
Education • Foundation • Trust

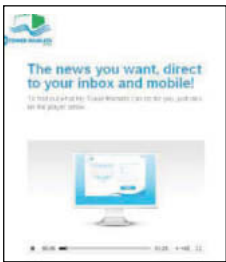
Public Notice

St Paul's Way Trust School is consulting on becoming the founding member of a University Multi Academy Trust (UMAT) to be led by Queen Mary University of London.

A public meeting will take place on:
Tuesday 24th November 2015, 5:00pm
at Queen Mary University of London

Details can be found on the school website www.spwt.net

The deadline for written responses to this proposal is **Wednesday 2nd December 2015**



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's picture was of street art in Redchurch Street, E1.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes
– 7364 5015
Healthline – 7364 5016
Anti-Fraud – 0800 528 0294

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline

0808 2000 247
Haven Whitechapel (sexual assault referral centre)

7247 4787
Karma Nirvana (Honour Network Helpline)

0800 5999 247
Broken Rainbow (LGBT domestic violence)
0845 260 4460
Black Women's Health & Family Support
8980 3503
Rights of Women

(legal advice)
7251 6577

Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254
NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)

0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

PLP

Door To Door International Cargo Service

020 3715 9534
07424 593430
07405 658934

Email: plp.ltd07@gmail.com

Pioneer Logistic Partners Ltd

Special offer

Pakistan
Bangladesh
India

25kg for £20

STATION CARS

24HR MINICAB SERVICE

020 7987 7777
020 7987 1818
020 7987 1100
020 7987 3000

0% COMMISSION RENT GUARANTEE

1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON

- FREE GAS SAFETY & EPC CERTIFICATE
- 1-5 YEAR RENT GUARANTEE
- DEDICATED MANAGEMENT SERVICE
- VETTED PROFESSIONAL TENANTS

CALL FOR A FREE RENTAL VALUATION

0203 384 2636

eLondon Lets
Lettings & Management

RedGreen SCHOOL OF MOTORING

Packages Available: 5 Lessons, 10 Lessons, 20 Lessons

from **£15** per hour
First 2 hrs £25*

Discounts for:
• Students
• Block Booking
• Intensive Courses

07950 567 202

*Conditions Apply



Time for tea

Learn brewing techniques, make your tea experience better every time.

WWW.TRINITYBUOYWHARF.COM



Changing the way we look at waste

Recycollages – junk transformed is designed to stimulate our thinking in how we look at waste and how something good should be made of the things we throw away.

WWW.HALFMOON.ORG.UK

Out & about guide

What's on where this week

Comedy

New Act of the Year 2016: spotlight nights

More than 100 new comic acts will perform to a judging panel of seasoned stand-ups. Tues, Nov 24 and Mon, Nov 30. 7pm. Free. Rich Mix, 35-47 Bethnal Green Road, E1. www.richmix.org.uk 7613 7498

Events

Tea brewing masterclass

You'll taste both badly and expertly brewed teas, as well as learning traditional and modern methods for brewing specialist teas. Tues, Nov 17. 7pm. £17. Tea Studio, Trinity Buoy Wharf, 64 Orchard Place, E14. 7515 7153 www.trinitybuoywharf.com

Christ Church Isle of Dogs open choir rehearsal

The choir is looking for new

members of all voice types. The amateur group sings at Christ Church and delivers Mass every Sunday at 11am, as well as an evensong on the second Sunday of each month. Thurs, Nov 19. 8-9.30pm Christ Church Isle of Dogs, Manchester Road, E14. Email jonathan.pease@parishiod.org.uk

Urban Makers' Christmas Craft Market

Pick up artworks, jewellery, organic skincare, hand-drawn cards, knitwear, leather goods and children's clothes. Local chef Ali Noor will serve up two days of food. Sat, Nov 21 and Sat, Dec 5. 11am-5pm. St Paul's Church, St Stephen's Road, E3. www.urbanmakerseast.co.uk

Foodies Festival Christmas

Christmas market returns to the Truman Brewery with acclaimed chefs and celebrity cooks who share their



favourite recipes and top tips. Guests include Great British Bake Off winner Nadiya Jamir Hussain, Kim Woodward and Adam Simmonds. Artisan market with 150 producers selling cheeses, chutneys and other goodies. Sun, Nov 27-Tues, Nov 29. Times vary. Truman Brewery, 91 Brick Lane, E1. www.trumanbrewery.com

Bow Beasties Wildlife Watch Club

Outdoor nature activities and games for children and families. Bring along old kitchen utensils, pots and pans, a change of clothes and waterproof clothing. Sat, Nov 21. 10.30am-12.30pm. Free, no need to book. Tower Hamlets Cemetery Park, The Soanes Centre, E3. 8983 1277

Little Light Nights

Interactive light installations, performances and music in a night of adventure, fun and storytelling. The festival brings together live artwork, including interactive moving images, performances, puppetry, installation and choreography. Free. Sat, Nov 21, 6-10pm. Bow Creek Ecology Park, Bidder Street, E16. Sat, Nov 28, 6-11pm. A13 underpass, E16. www.thebrickbox.co.uk

Recycollages – junk transformed

Painter and printmaker Susan Wadsworth's latest collection of colourful artworks, created from discarded objects including plastic toys, old comics and broken jewellery. Until Sat, Dec 19. Free. Half Moon Young People's Theatre, 43 White Horse Road, E1. 7709 8900 www.halfmoon.org.uk

Music

St Germain

Ludovic Navarre, aka St Germain, is a pioneer of the French Touch, electronic music made in France. With a new album, Tourist, on jazz label Blue Note, St Germain makes his only UK appearance. Over-16s only. Tues, Nov 17. Doors open 7pm. Tickets £31.35 plus booking fee. Troxy, 490 Commercial Road, E1. www.troxy.co.uk

Shri Sriram and the Hammonds Saltaire Brass Band

Just a Vibration brings together two distinct and diverse musical forms: Indian music and the traditional brass band. Thirty-one musicians will share the stage at Rich Mix as part of the EFG London Jazz Festival. Sun, Nov 22. 2pm. £15. Rich Mix, 35-47 Bethnal Green Road, E1. www.richmix.org.uk

Parent & child

Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church

Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling. 07958 645978 www.clareday-yoga.co.uk

Social

3 Bees Café

Healthy vegetarian and fish dish, for just £3, takeaways available. Tues, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

Bingo

Mons, 6.45-9pm.

Tredegar Community Centre, 333 Morville Strret, E3. 07884 168176

Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm. 50 Saltwell Street, E14.

Fern Street Settlement

Fern Street, E3. 7987 1949

Globe Town bingo club

Pensioners group with bingo and social activities. Thursdays, doors open 12pm. Bingo 2-4pm. Globe Town Community Centre, Bullards Place, E2. 07939 965141

Golden Ladies

Pensioners group for bingo and social.

Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14. 7987 6824

Little Spitz' under-5s playgroup

Weds, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

breathing space

Breathing Space at the London Buddhist Centre in Bethnal Green teaches Mindfulness Based Approaches to prevent relapse into depression and addiction, and to manage stress and anxiety. Our courses and retreats are run in a beautiful self-contained space at the London Buddhist Centre, and at a picturesque retreat centre. They are not Buddhist activities and you do not need to be a Buddhist to come on them.

Mindfulness courses and retreats

Kindness Behaviour Training

For newcomers and anyone who has completed MBCT/MBAR/MBSR. Led by Dr Paramabandhu Groves a consultant psychiatrist working in the NHS and specialising in addiction. 8-week course in KBT

- Monday day time Jan 11 to Feb 29, 7:15pm - 9:45pm
- Full cost £190 concession £140.

Stay Free from Depression

8-week course in Mindfulness Based Cognitive Therapy (MBCT)

- Friday day time from Jan 15 to Mar 14, 12:30 - 3:00pm
- Full cost £190 concession £140.

To apply or get more information visit: www.breathingspacelondon.org.uk or call 020 8981 1225.

Mindfulness for Health Retreats - Introduction/Refresher

For newcomers and anyone who has completed MBCT/MBAR/MBSR

- Feb 12 - Feb 14, depart at 5.30 on 12th.
- Full cost £150 concession £140.

Stay Free from Depression

8-week course in Mindfulness Based Cognitive Therapy (MBCT)

- Monday evenings from Mar 7 to Apr 25, 7.15pm - 9.45pm
- Full cost £190 concession £140.

Some free places available



Debut from Bethnal Green author

Suzy Norman's first novel follows Duff Boyd as he attempts to get back his estranged wife on a road trip from Wales to Aberdeen, the city where they fell in love.

SEE BELOW



Magic on ice

Skate along a glittery trail of twinkling trees at Canary Wharf.

SEE BELOW

Out & About



FAMILIES with children aged three and over can see *Once Upon a Snowflake*, a funny and quirky show at the Half Moon Theatre. Liza has gone missing, but you can be sure that the mysterious Winter Sprites have something to do with it. These tiny elf-like creatures appear every winter and can be found hiding in pockets, shoes and sock drawers. Follow Liza into a colourful whirlwind of stories and adventure, led by a tiny sprite with a fascination for snowflakes.

The show takes children to a world of shadow puppetry, storytelling and original songs performed by two Spriteologists and a live musician.

Once Upon a Snowflake runs for two performances on Saturday, November 21 at 11am and 2pm. The shows lasts for 50 minutes and tickets cost £6.

The Half Moon Theatre is at 43 White Horse Road, E1. Visit www.halfmoon.org.uk or call 7709 8900 for tickets.

News in brief

Free audio guide to Trinity Buoy Wharf

IF YOU think you know where alternative London is, you might be interested in a new listening experience, *Memento: Trinity Buoy Wharf*.

This audio guide lasts for an hour and is part-tour, part-social commentary with interview soundbites from artists, heritage experts and locals.

With a full moon and high tides, November 25 is the perfect opportunity to launch the guide and a performer will take you through darkened corners of the wharf to explore artists' studios and London's only lighthouse shining over a 1940s diner.

The free event takes place on Wednesday, November 25 at 7pm, 8pm and 9pm. Trinity Buoy Wharf is at 64 Orchard Place, E14. Visit www.trinitybuoywharf.com

Unsung heroes of First World War



British West Indies Regiment private, Middle East, 1917

BY JACQUELINE HARTHILL

A NEW display at the Museum of London Docklands reveals the little known role played by the Caribbean during the First World War.

The Caribbean's Great War charts the region's main contributions to the war effort – supplying natural resources, donating cash and providing more than 16,000 volunteer soldiers.

These volunteers were initially drafted into a variety of units within the Army until the British West Indies Regiment

(BWIR) was established in 1915. It consisted of men of every class, creed and colour, reflecting the Caribbean as one of the most diverse societies of the time.

Housed within the London, Sugar and Slavery gallery, the display showcases a variety of items including recruitment posters, photos of the BWIR, commemorative stamps and war honours awarded to the soldiers, many of whom served on the Western Front, Africa and the Middle East.

The display was created with the West India Committee, which opened its vast archive and 500-year-old collections.



Members of the British West Indies Regiment, highlighting the diversity of the troops, 1917

The exhibition is free and runs until Monday, May 2, 2016 at the Museum of London Docklands, No 1 Warehouse,

West India Quay, E14.

Visit www.museumoflondon.org.uk/docklands for details.

Innovative gallery on our doorstep

Review

AS the year comes to a close, don't worry if you still haven't managed to see all those shows and exhibitions at the TATE that you were planning. Head down to Roman Road, a gallery founded by Marisa Bellani in 2013.

Although the gallery has been around for only two years, projects have already sparked interest among locals.

A show which included live chickens in the window caused a stir. "I love it!" Marisa explained. "It is great when people come by and ask questions."

Time is the theme of the current *Tempo al tempo* exhibition, which started on November 5. Curated by Domingo Milella and

Bruno Botticelli, the exhibition shows different art mediums such as photography, painting, installations and sculptures.

Milella is exhibiting 30 photographs of his own work taken on the road in places like Cairo and Mexico. He captures old relics right next to a modern building – juxtaposition is everything. Sculptures from 1AD are placed like a time-guardian between modern photography and a 15th century painting.

"This exhibition captures my idea of now," explained Domingo.

The exhibition runs until December 15 at the Roman Road Gallery, 69 Roman Rd, E2, open 11am-7pm. Visit www.romanroad.com

By Arijana Zeric

Would you like a career in film or TV?

IF you are aged between 18 and 30, live in Tower Hamlets, are unemployed and interested in a career in creative media, a free training programme is on offer early next year.

Four Corners, a learning, production and exhibition centre for film and photography, will be running ZOOM training from January-March 2016, followed by support towards training, placements and employment.

You will get access to six weeks training in digital video production, Open College Network credits at Levels 1-2, mentoring and help with job searches, interview techniques and CV writing. You will also receive travel/childcare costs.

For more information, attend an open day on Wednesdays, November 18 and 25.

Four Corners is at 121 Roman Road, E2. Call 8981 6111 or visit www.fourcornersfilm.co.uk

Breaking the ice

THE ice rink at Canary Wharf is one of the largest in the capital and features London's only skate path.

Set against a backdrop of the business district's soaring towers, skaters can glide along a trail of trees twinkling with fairy lights. The venue also has a large outdoor viewing terrace, restaurant and bar.

The rink, at Canada Square Park, E14, is open until February 27. Tickets from £9.95. Visit www.icerinkcanarywharf.co.uk

READY... SET ...LET!

GUARANTEED RENT WITH HAMLETTS

- ✓ 1-5 Years Guaranteed Rent
- ✓ Start Rent Immediately
- ✓ No Fee
- ✓ No Commission
- ✓ No Void Periods
- ✓ Full Management
- ✓ Dedicated Maintenance Team
- ✓ Free Inventory and Quarterly Inspection
- ✓ Free Refurbishment & Maintenance
- ✓ Free Energy Performance Certificate
- ✓ Free Gas Safety Certificate
- ✓ Free Electrical Safety Certificate



CALL NOW:
020 8980 3377



236 ROMAN ROAD, LONDON, E2 0RY
EMAIL: INFO@HAMLETTS.COM
TEL: 020 8980 3377 FAX: 020 8980 9434

*Terms and conditions apply

Are you interested in shaping healthcare in Tower Hamlets?

NHS
Tower Hamlets
Clinical Commissioning Group

NHS Tower Hamlets Clinical Commissioning Group (CCG) is seeking residents interested in improving local health services to join a Community Commissioning Panel

As a member you can give a local voice to the CCG and help challenge, develop and shape your local health services.

If you would like to apply for this exciting opportunity, please visit

www.towerhamletsccg.nhs.uk/getinvolved to download the role description and application form, or email info@towerhamletsccg.nhs.uk or call 020 3688 2500



The deadline for applications is midnight on Sunday 10 January 2016

Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

WWW.LOVEFOODHATEWASTE.COM

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Eating out, eating in

Enough bangs for our (big) bucks? Not today

BY AVARICIOUS ARCHIE

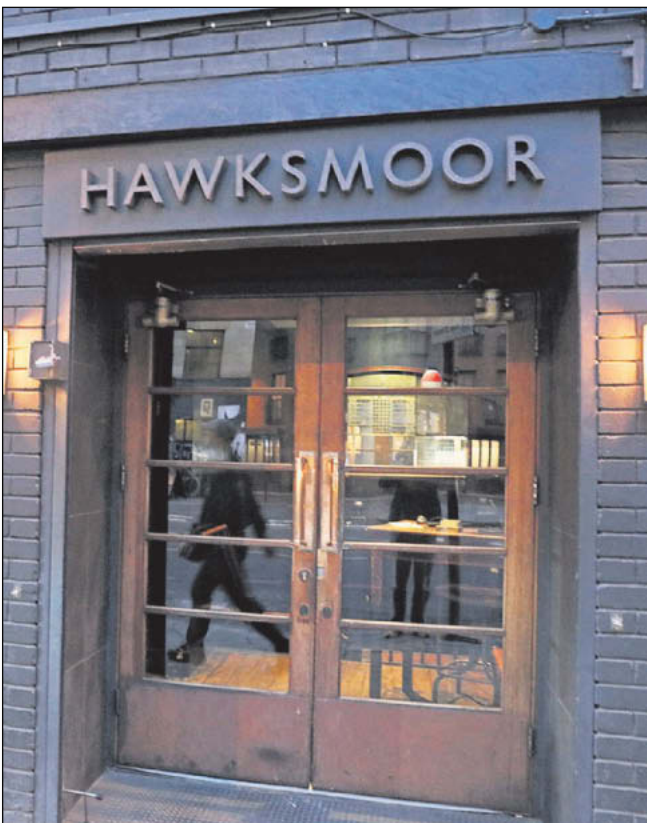
WHAT better way to celebrate a flying visit of a long-term buddy, an ardent advocate and, some might say, beneficiary of rampant capitalism, than an establishment where meat is sold by weight?

Hawksmoor is situated where Commercial Street meets the City. From the outside, it is decidedly unassuming and could be easily missed.

On the day concerned, I was the first to arrive, the empty rows of tables giving no hint of the hive of activity that was about to ensue.

My waitress offered me menus and I ordered a glass of Tower Hamlets' finest (water), which was quickly brought to the table.

My friend arrived and we ordered a half lobster to start for him and Tamworth belly ribs for me. Unfortunately, his starter was only passable in his opinion. He wasn't sure how fresh his lobster was and he wasn't



Hawksmoor left our reviewer underwhelmed

impressed with the cooking.

My ribs were a much better affair, two pieces of well-cooked tender belly ribs, deep and rich sauce with an appropriate

amount of fat. I liked it. For our mains, we shared a chateaubriand steak, a meat dish cooked with a thick cut from the tenderloin filet.

Ours, at 650g, came in at a jaw-dropping £84.50.

We ordered a range of sides – triple cooked chips (excellent), baked sweet potato (recommended), roast field mushrooms (nothing special), buttered greens (tasty), with a peppercorn sauce for him and a bone marrow gravy for me.

Unfortunately the 'highlight' of the meal, the chateaubriand, was a little underwhelming. It wasn't badly presented, poor quality or badly cooked. It just failed to excite our taste buds. It wasn't something we could complain about – it just didn't hit the bullseye.

For dessert, he had a more than passable cheese board accompanied by port. I had a peanut butter dessert, which was nice if not memorable.

In total, with drinks and the 12.5 per cent service charge, it came to a whopping £241.47.

I'm not sure it was entirely value for money – although he paid so it was top notch for a free lunch.

■ **Hawksmoor is at 157a Commercial Street, E1. Tel: 7426 4850.**

Curry in a hurry

THIS month's recipe comes from the Love Food Hate Waste website.

Full of contrasting textures and flavours, this is one of those recipes that the whole family will love – it works really well with cooked chicken, too.



If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers. Email your offerings to recycling@towerhamlets.gov.uk

Leftover cheats lamb biryani – serves 4

Ingredients

500g basmati microwave rice
40g flaked almonds
1tbsp olive oil
1 onion, roughly chopped
1 garlic clove, crushed
2cm fresh ginger, grated
1tsp cinnamon

Quarter tsp ground cloves
2tbsp balti paste
300g leftover lamb, diced
400ml (1/2 pint) vegetable stock
200g frozen petit pois
3tbsp freshly chopped coriander

Method

1. Cook the microwave basmati rice according to the pack's instructions.
2. Toast the almonds in a small, heavy-based pan over a medium heat until golden, moving them around often so they brown evenly. Set aside.
3. Heat the oil in a large saucepan and cook the onion over a medium to high heat for

five minutes until coloured.
4. Stir through the garlic, ginger, cinnamon, cloves and balti paste and cook for a minute before adding the lamb and tossing well to coat.
5. Add the rice, stock and peas and cook over a medium to high heat until the rice is hot and the stock has been absorbed.
6. Stir through the coriander and scatter with almonds to serve.

Free membership for all

Come and join us!

Residents and Neighbours club for Tower Hamlets residents

- Raise awareness of your area
- Views on improving your locality
- Ideas and debate
- Workshop and trips
- Meet new friends
- Meet new people

Tea, coffee & biscuits provided at each session

Launch date: 18th November 2015
Time between: 9:30am - 11:30am
 Thereafter 1st Wednesday of each month at
 Stifford Centre, 2-6 Cressy Place, Stepney, E1 3JG

Contact Pat Quinn 020 7790 3632 • projectadmin@stifford.org.uk

The Basement Lounge

Enjoy, Relax & Chill!

SERVICES OFFERED

Coffee • Tea • Hot Chocolate
Soups • Light Snacks
Juices • Internet access
Printing facilities
Snooker table • Private hire

Bring this advert with you to receive a 5% discount

164 Mile End Rd, London E1 4LJ
opposite PC World/Curry's retail park
020 7791 0557

RECYCLING CLOSER TO HOME

2015 has been a year of big changes for waste and recycling services in Tower Hamlets. In February of this year, Tower Hamlets Council started taking all recycling to a local


company based in Bow. This has helped to reduce the carbon footprint of the provision of this service and has made some efficiency savings.

CONTAMINATED RECYCLING PROVING COSTLY

From nappies to food waste, these are just some of the items that have been found in the Borough's recycling bins. These purple bins are supposed to be for recyclables which are collected and treated in a cost effective and environmentally friendly way. However, this can't happen if the purple bins contain the wrong items. Cllr Ayas Miah said "The amount of recycling that we collect containing rubbish has increased significantly

and this costs more to process." "We know from our monitoring work in the borough that some of this is because people don't fully understand what can and can't be put in the purple bins for recycling. There are areas across the borough where mixing rubbish with recycling appears deliberate so we are working to address these problems. By using reminders such as the handy guide below to stick on your fridge, we can improve the quality of recycling collected and save money."


Right stuff, right bin!



By putting the **right stuff** in the **right bin** we can save **£500,000** a year.

Save £500,000 a year

Wrong stuff, wrong bin!

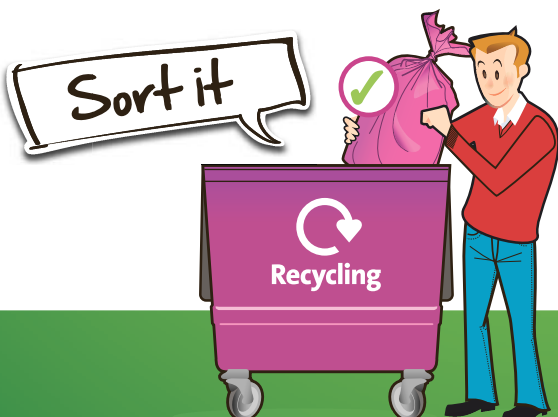


You might think it's just a bin but putting the **wrong stuff** in the **wrong bin** costs Tower Hamlets over **£500,000** a year.

Costs £500,000 a year

Right stuff, right bin!

You told us that knowing what you can recycle is sometimes confusing, so here's a handy list of what you can now put in your recycling bin. Please rinse all food containers to remove food residue.



Black sack or bin only!

And here is what should NEVER go in your pink sack or purple bin for recycling. These items should always be placed in your rubbish.





Charleen
Cambridge Heath

It's too
much
hassle!

No it's not. Recycling
right is easy!



Femke
Mile End



Black bag = Black bin = Rubbish

Pink bag = Purple bin = Recycling

Keep it clean
Save £££'s!
Recycle
right!



2015 Sixth Form Open Evening

Open Evening

4:00 - 7:00pm Thursday 26th November

Going to University?

97% of our 2015 students went to University

Russell Group Universities?

Yes, including all four of our Russell Group Trust Partners:
Queen Mary University of London, The University of Warwick,
UCL and King's College London

Ofsted's view of St Paul's Way Sixth Form? 'Outstanding'

Leading UK School for Mathematics and Physics at A level

Comprehensive Range of A level Courses

Academic Learning - Personalised Support
London's first Faraday Science School

Become a St Paul's Way Trust graduate:

Communication

Investigation

Participation

Networking

Scholarship

Vision

St Paul's Way Trust graduate
Tanvir Rafe studying medicine
Balliol College, University of Oxford

The University School in the Heart of East London

St Paul's Way Trust School
125 St Paul's Way, London E3 4FT

Tel: 020 7987 1883
Email: admin@spwt.net

Visit and find out more about St. Paul's Way 6
www.spwt.net

4 in 10 car journeys

are less than



miles

could you
drive less and live more?



Road
Safety
Week

Co-ordinated by
Brake
the road safety charity

Sponsored by
AIG

Specsavers

Supporting
THH

TOWER HAMLETS

The Davenant Centre

Board Membership Opportunity

The Davenant Centre is a charitable organisation based in Whitechapel, East London. It exists to promote the benefit of those living or working in Tower Hamlets, in particular the advancement of education and work training, recreation, and advice and assistance.

The Centre is at an advanced stage of a business recovery programme.

It is seeking to appoint new voluntary trustee directors to provide independent governance for the centre, seeing through the remainder of the current business recovery programme successfully, then laying the foundations for the Davenant Centre's longer term activities. This will involve making final decisions on how the Davenant Centre will be run, setting up necessary operating structures, deciding priorities, and, where appropriate, appointing staff and advisors. The Davenant Centre is registered as both a Company and Charity, so Board Members will become Company Directors and Trustees. This is a voluntary role, with reimbursement of reasonable out of pocket expenses.

Applicants should be able to demonstrate proven experience in governance and leadership and/or relevant experience in a related sector.

Individuals interested in applying for board membership of the Centre should email Martin Ebbs at martin.ebbs@economicgrowthmanagement.com for further information and application details.

**Tower
Hamlets
Homes**

Drains Maintenance Operative Scale 5 £23,658 - £25,620 Permanent

We are currently recruiting for a Drains Maintenance Operative to join our successful Drains Maintenance Team to help us deliver consistently brilliant customer services to our residents.

We are looking for a highly motivated person who is committed to the very highest standards of customer care to join our busy team as a Drains Maintenance Operative.

You will be required to work within a team providing a comprehensive Drainage Service to the residents of THH. Duties and criteria include:

- **Carrying out the clearance of blockages to external drainage using jetting units and machinery**
- **Clear blockages to communal stack pipes affecting both properties and rain water drainage**
- **Be part of an Emergency Call Out drainage rota**
- **Have some drainage/plumbing knowledge/experience**
- **Be competent in the use of drainage tools including electric spring**
- **Have a full clean driving licence (C1 class preferred)**
- **Have good communication and people skills**
- **Be able to work within a team to achieve targets**

THH pays a Community Language Honorarium worth £50 per month to any member of staff who is able to provide services in community languages where this is required, saving us money instead of using external translation services.

We particularly encourage applications from women, disabled and Black and Minority Ethnic (BME) candidates, as these groups are under-represented in this service area. We would especially welcome applications from candidates who speak Bengali or Somali.

Under the Two Ticks guaranteed interview scheme Tower Hamlets Homes guarantees to interview all disabled candidates who meet the minimum essential criteria for the role.

How to apply?

If you are interested in applying, please complete the recruitment application form and send to **HROD Mailbox** at hr@thh.org.uk

The closing date for this role is Sunday 29th November 2015

Short-listing for this role will take place immediately after the closing date. The interviews will be held week commencing **30th November 2015**, so please ensure you are available on these dates as we are unable to reschedule.

The Selection Process

The selection process will include an interview.





CENTRAL FOUNDATION GIRLS' SCHOOL

(Voluntary Aided)

EDUCATING TOMORROW'S WOMEN

Internal applications are invited for the following post which is available immediately

Community Operations Assistant (Lunchtime Supervisor)

Scale 2 point 8 (£3,138 pro rata per annum approx.)

(7.5 hours per week Monday to Friday 12.30 – 2.00pm – Term Time only)

The Governing Body seek to appoint two Community Operations Assistants to work in our large and thriving school situated within a richly diverse community. You would be joining a friendly and supportive team determined to ensure the safety and welfare of the students, supervising specified activities and resolving conflict.

The successful candidate will have excellent communication, interpersonal and organisational skills. An ability to work independently and with initiative is essential.

Central Foundation Girls' School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be requested to undertake an Enhanced Barring and Service Check.

For an application pack please download the details from the school website. Completed application forms must be sent or emailed to Ms Chowdhury, Human Resources Manager at: nchowdhury@central.towerhamlets.sch.uk

Please note that the school does not accept CVs

Closing date: 9.00am on Friday 27th November 2015

Ms. E. Holland. Headteacher

Tel: 020 8981 1131

on behalf of the Chair of Governors

Fax: 020 8983 0188

25-33 Bow Road,

Age Range: 11-18 years

London E3 2AE

Roll: 1512

Transforming Challenging Valuing Empowering



Are you a Circle Housing or E3 resident and looking for work?



Please drop in for coffee and cake and meet our qualified and experienced job advisors who have access to a range of employment opportunities.

AND to help you get the best possible chance of getting that job we will support you with:

- CVs
- Application Forms
- Applying for jobs online
- Links to training courses

When: Thursday 26th November

Time: 10am to 12 midday

Where: Eastside Youth & Community Centre

6 Parnell Road, London E3 2RB

(If you have a CV please bring it along)

If you are unable to attend but would like to meet an advisor please contact our IAG team on 020 8981 3298.

We look forward to meeting you.



MORPETH SCHOOL

Portman Place, E2 0PX

LIBRARIAN

Full-time, all year round

NJC PO2 (£33,579 - £36,186)

Our current Librarian retires this December and we are looking to appoint an enthusiastic School Librarian who is passionate about reading and children's literature and able to inspire students to develop their reading and independent study skills. The successful candidate will be forward-thinking and have the skills to lead the development of the school library as an outstanding learning resource for all our students across all key stages. Morpeth is a successful, fully inclusive mixed 11-18 school in Tower Hamlets.

Successful candidates must abide by our safeguarding policies and undergo an enhanced DBS check.

Closing date: 3pm on Friday 27th November

For full details and application form please see the vacancy section of the school website www.morpethschool.org.uk or ring 020 8981 0921.

London Borough of Tower Hamlets

Lansbury Lawrence Primary School

Cordelia Street E14 6DZ • 020 7987 4589

Teaching Assistant

Salary Scale 2 pt 12

Previous applicants need not apply

Lansbury Lawrence has a larger than average Early Years setting (210) within a Primary School. We are looking for an enthusiastic and hard-working professional, who can bring unique skills and innovation to our EYFS. Our happy and dedicated team is ready to meet a candidate who is committed to early years practice and believes that they can make a difference in child's life.

The ideal candidate will be someone who:

- Can provide the children with a safe, secure and home-like environment
- Operate a keyworker system and liaise with parents/carers, carers, and senior staff
- Plan, organise and implement a programme of activities to meet the needs of this age group
- Work as part of a highly motivated and professional team

For more information and application form please see the school website: lansburylawrence.org

**Closing date for applications is
Thursday 3rd December**

**LONDON BOROUGH OF TOWER HAMLETS
THE TOWER HAMLETS (C2 PARKING PLACES)
(NO.1) ORDER 2015 (AMENDMENT NO.1)
ORDER 2015**

**THE TOWER HAMLETS (D1 PARKING PLACES)
(NO.1) ORDER 2015 (AMENDMENT NO.3)
ORDER 2015**

**THE TOWER HAMLETS (WAITING AND LOADING
RESTRICTIONS) (NO.1) ORDER 2015 (AMENDMENT
NO.7) ORDER 2015**

**THE TOWER HAMLETS (CAR CLUB PARKING
PLACES) (NO.1) ORDER 2015 (AMENDMENT NO.1)
ORDER 2015.**

- NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets on 16th November 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
- The general effect of the Orders would be to in:
 - St. Katharine's Way (outside No.84) –**
 - (Outside No.84) – To reconfigure the layout of the two Pay and Display Parking spaces from angled to kerb side Parking.
 - Doubling the single angled Pay and Display parking space.
 - Introduce for approx.5m No Loading 'at any time' Restriction outside of Alderman Stairs.
 - Thomas More Street (Outside / opposite Nightingale House) –**
 - Opposite - to introduce on Double Yellow Line a 5 Parking spaces Shared Use (Permit and Pay by Phone) Bay.
 - Outside - to upgrade the Single Yellow Line to Double Yellow Line.
 - Outside - to extend the existing Resident Parking Bay by one Parking space in a westerly direction.
 - Opposite - to introduce for approx. 20m from the east kerb line of Nesham Street, a No Loading' at any time' Restriction.
 - Vaughan Way (outside the London Dock Development)-**
 - To move the existing Car Club Bays (TH558) in a northerly direction adjacent to the Cycle Dock.
 - To reduce the Shared Use (Permit and Pay by phone) Bay to three parking spaces.
 - East Ferry Road (Opposite Launch Street) –** To remove three Shared Use (Permit and Pay & Display) Parking Spaces for a new entrance access and replace with Double Yellow Line.
- The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
- A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
- Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: Parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 16th November 2015

**SIMON BAXTER
SERVICE HEAD, PUBLIC REALM**

Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BLACKWALL WAY E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from proceeding, the following temporary prohibition:

Location: Blackwall Way from a

point approximately 20 metres, east, from its junction with Paul Julius Close;

Reason: To allow essential works on the public highway by Collect & Sons Limited;

Prohibition: Westbound vehicular traffic;

Alternative Route: There is no alternative route for vehicular traffic as vehicular traffic still has access to eastbound lane;

Period: From Friday 27th November 2015 to Sunday 29th November 2015.

Please refer any queries regarding the above traffic restriction to

John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 16th November 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

LICENSING ACT 2003

APPLICATION FOR A NEW PREMISES LICENCE

NOTICE IS GIVEN THAT CANARY WHARF ARTS + EVENT has made an application to London Borough of Tower Hamlets Licensing Authority for a new Premises Licence under the Licensing Act 2003 in respect of the following areas within the Canary Wharf estate, E14: Adams Place, Canada Square Park, Cabot Square, Churchill Place, Cubitt Steps, Columbus Courtyard, Jubilee Park, Montgomery Square, Riverside, Westferry Circus, Reuters Plaza & Wren Landing.

Dates between 1 January - 31 December 2016. Music: sporadically within 11am-10pm, Theatre: sporadically within 11am-9pm, Films: sporadically weekdays 5pm – 10pm weekends 12noon-8pm. Dance: sporadically within 11am-9pm.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Department, London Borough of Tower Hamlets, Mulberry Place (AH), PO BOX 55739, 5 Clove Crescent, London E14 1BY.

Applications may be inspected Monday to Friday (except on

Bank Holidays) between 9.00am to 4.30pm.

The date by which interested parties or responsible authorities may make representations to the relevant Licensing Authority against this application is 31 December 2015.

Any representations made must be made in writing, or submitted by fax or email. Take note that it is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction is Level 5 on the standard scale of fines (£5,000)

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Flat 12, The Cloisters, 145 Commercial Street, London, E1 6EB PA/15/2814/SEA
Refurbishment of 4no sash windows.

199 Whitechapel Road, London, E1 1DE PA/15/3075/HAM
Conversion of a 48-sheet advertising hoarding to 1no. Backlight 48-sheet advertising hoarding.

5 Stoneleigh Mews, London, E3 5RX PA/15/3014/HAM
Modifications to existing pitched roof to form two dormer type roof windows to North (rear) and South (front).

212 Mile End Road, London, E1 4LJ PA/15/3023/ZAP
Erection of single storey side extension to takeaway food shop.

Flat 4, 2A Turville Street, London, E2 7HX PA/15/2772/LYM
Erection of additional storey to provide additional residential accommodation

453 Mile End Road, London, E3 4PA PA/15/3025/ZAP
Kitchen refurbishment, property rewiring, new basement door.

1 Nelson Street, London, E1 2DL PA/15/2590/DHA
Repair works to the building elevations, roof, chimney and parapet wall including replacement of all sash windows.

42-46 Princelet Street, London, E1 5LP PA/15/3068/HHA
Roof level addition to provide additional office floorspace.

6A & 6B Arbery Road, London, E3 5DD PA/15/2970/HDH
Replacement of all windows from timber single glazed sash windows to timber double glazed sash windows

Eagle Works West, 56 Quaker Street, London PA/15/3048/AHU
Sub-division of 8no. duplex flats(no.s 1, 7, 8, 15, 23, 30, 31 & 42) to create 8 no. additional residential units.

1 Virginia Street, London, E98 1XY PA/15/02807/LYM
Retrospective application to display 1 x non-illuminated fascia sign and 3 x non-illuminated wall mounted directional signs on the north elevation of Pennington Street Warehouse.

19 Cold Harbour, London, E14 9NS PA/15/3060/BMC
Extensive programme of external refurbishment works including repair, restoration or replacement of various elements of the building. Resurfacing of car park.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 16th November 2015

OWEN WHALLEY

Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 15(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

42-46 Princelet Street, London, E1 5LP PA/15/3068/HHA
Roof level addition to provide additional office floorspace.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 16th November 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



To place your Public notice in East End Life

call... Terri on 7364 4682
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061

Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – PRESTONS ROAD E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets propose to make an Order, to prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Prestons Road for a distance of approximately 50 metres between its junction with Yabsley Street and its junction with Raleana Street;

Reason: To allow essential works to be carried out on the public highway by Select Plant Hire on behalf of Telford Homes Plc;

Alternative Route: There is no alternative route required for vehicular traffic as the other lane in the southbound direction will be clear for all vehicular traffic;

Period: On the following weekends:

- a) From 04:00 hours on Saturday 5th December 2015 until 20:00 hours on Sunday 6th December 2015;
- b) From 04:00 hours on Saturday 12th December 2015 until

20:00 hours on Sunday 13th December 2015.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 16th November 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WAPPING HIGH STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Wapping High Street, between its junction with Wapping Dock Street and its junction with Clave Street;

Reason: To allow essential crane works to be carried out on the public highway by City Lifting Limited;

Alternative Route: For vehicular traffic will be via Wapping Lane, Cinnamon Street and Clave Street and vice versa or Wapping Dock Street, Cinnamon Street and Clave Street and vice versa;

Period: On the following two weekends:

- a) On Saturday 5th December 2015 from 08:00 hours until 18:00 hours;
- b) On Sunday 6th December 2015 from 10:00 hours until 18:00 hours;
- c) On Saturday 12th December 2015 from 08:00 hours until 18:00 hours;
- d) On Sunday 13th December 2015 from 10:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 16th November 2015

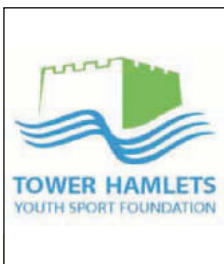
**SIMON BAXTER
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK



Achieving through sport

Tower Hamlets Youth Sports Foundation aims to “provide outstanding opportunities and support for young people to reach their potential, realise ambitions and develop personally”.

[HTTP://THYSF.ORG](http://thysf.org)

Sport

Hockey

East get back on track

East London men's 1st...8

Bourne Deeping 1st...3

EAST London had things to prove at Lee Valley, having been thumped by the visitors in a cup tie the last time they met, and coming off the back of a heavy league defeat.

Joe Green cancelled out the visitors' opener then Adam Lord put East ahead.

But they then had a disciplinary meltdown, losing two men to yellow cards, and the visitors levelled.

After the interval, Green scored again from a short rebound then Harry Finster finished off a flowing move and led to Mitchel Nicholson foxing everyone including the goalie with a reverse spin deflection.

After a well-practised penalty corner was finished by Sam Boddington, Bourne Deeping pulled one back before Henry Emery added the eighth.

Canterbury 2A...3

East London ladies 1st...2

EAST London showed the right attitude and equalised twice in the first half through captain Stacey Nicholl, and then from a Lucy Foxall shot.

In the second half both teams put in long and hopeful passes, and Canterbury pulled out the winner.

Ipswich...2 Wapping...4

WAPPING prepared for their forthcoming top-of-the-table clash with St Albans, hitting four goals

Two first-half goals from Michiel Marck gave them a comfortable lead.

Dominic Graham added a third and, at 3-0 down, Ipswich came into the game and scored twice either side of an Oliver Salvesen strike.

Bishop's Stortford...1

Wapping Ladies...4

WAPPING extended their lead at the top of the table to five points with a fine display in Hertfordshire.

The victory came courtesy of goals from Kate O'Sullivan, Fran Sutton, Jo Ward and Lucy Todd.

Muay Thai

Greg on the way to US

GREG Wootton is one of the world's top Muay Thai and K1 fighters and on Friday, November 20, he travels to Connecticut to try and win the Lion Fight Super Lightweight title from current champion Tetsuya Yamato.

The KO Gym, Bethnal Green, fighter – reigning Thai boxing world champion – will be making his second appearance on American soil and will be after another high-profile victory.

Rugby

Venus are second best

Barnes...24

Millwall Venus...20

LADIES team Millwall Venus finally played their second match of the season after a six-week break due to the Rugby World Cup, but were edged out in a tight encounter.

Hayley Whitehead, in her 50th game for the club, succeeded in getting a try, with Ciara McNestry on her debut and number 8 Rosie Whitter adding to the scoresheet.

While the final result did not go their way, the team played well with some fantastic steals by hooker Louise Norris and number 12 Edna Schweizer making some big tackles and turning over balls.

Youngsters on track for federation titles

BY PETER FAULKNER

REPTON'S boxers have enjoyed another night of championship glory.

Seven of them were at Harlow Dog track, fighting for London Federation of Boys Clubs titles.

Five of them became champions and now go on to box in Leysdown, Kent, on Saturday, November 14.

One of the best performers was schoolboy champion Henry Turner, who beat another schools champion, Alfie Meacher (Newham).

It was the second time Turner had beaten his local rival, but this time it was closer with the judges making it a majority decision.

There were several all-east London clashes with Shiloh Defreitas outpointing Frank Arnold (Lion), John Hanrahan beating Fahad Solum (Lansbury) and Michael Chalk beating Connor McNicholas (Dagenham).

Jake Henty got a bye while George Webb and Harry Hemmings lost on points to Alan Lawrence (Fairbairn) and Edward Barratt (Crooks).

■ REPTON, having beaten a Florida side 5-3 in America last week, could be facing the team again in east London next year.

Club officials were pleased with the treatment they got from the Sharipov Academy and want to stage a rematch.



Captain Ryan Pickard, with the trophy the club won in Florida

The trip to Orlando was paid for by Londoner Dave Moth, now a US resident, and Repton know they will need to find a high-profile sponsor to have a rematch over here.

Two charities benefited from the show – the Police Athletic League and Kids Beating Cancer.

Repton's winners were Joe Kelleher, Tim Abertale, Akim Melbourne, Mike McCarthy and captain Ryan Pickard

while Billy Beer, Alex Campbell and Miguel Lopez were all beaten.

■ ELLIOTT Matthews had to withdraw from his British middleweight title fight on November 14 after sustaining a cut eye in training.

Matthews, who trains at the Limehouse Elite gym, was scheduled to challenge Nick Blackwell for his title. The fight will now take place in 2016.

Sam stars for the Sharks

Swimming

BETHNAL Green Sharks Swimming Club had another successful weekend at the Dartford and Erith District Hal-loween Weekend Meet.

The younger Sharks enjoyed huge success, but there was no doubting the individual star – Sam Kemp – who took home six gold medals in the 400m and 200m freestyle, 200m medley, 200m breast and backstroke and the 50m backstroke.

Nine-year-old teammate

Wojcek Gawuc won gold in the 50m breaststroke, silver medals in the 200m breaststroke, 100m medley and 50m freestyle, and a 200m backstroke bronze.

There was a gold too in the nine-year-old class for Stella Ozden (200m free), while in the 11 years age band Tahlia Deaner won golds in 100m and 200m freestyle.

The stars of the 12-year-old girls group were Agni Hatzakis and Kaia Cudmore, each with a hat-trick of wins.

Agni took the 50m, 100 and

200m backstroke and Kaia the 400m medley, 200m freestyle and 200m breaststroke.

Brid Cudmore won the 16+ 200m butterfly and freestyle.

Silvers went to: Sean Elodin (2), Stella Ozde, Marina Horiuchi, Sam Kemp, Marco Roberts, Fedra Androulidaki, Tahlia Deaner, Riva Lamb, Agni Hatzakis (2), Kaia Cudmore, Melissa Eloudin and Brid Cudmore. Bronze medals went to: Joseph Lamb (2), Ilyias Ahmed (2), Agni Hatzakis, Melissa Elodin and Chloe Newman.





Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

WWW.BETTER.ORG.UK

Sport

Boys and girls complete clean sweep of trophies at annual tournament



Some of the Raine's Foundation School girls take time out from the action

Raine's supreme in schools' basketball

BY PETER FAULKNER

BETHNAL Green's Raine's Foundation School dominated the annual secondary schools' basketball tournament at the Score Centre, Leyton. Over a two-week period the girls and the boys won every piece of silverware in sight.

The girls 10- to 11-year-old category was first on the agenda and Raine's duly despatched Central Foundation and Sir John Cass. Not to be outdone, Stepney's Bishop Challoner also claimed victories over these two teams.

The final brought Raine's and Bishop

Challoner face-to-face and an upset looked on the cards as Challoner dominated play and took the first two points.

A quick timeout from coach Laurent Irish saw the Raines girls' galvanised and despite Bishop Challoner's late efforts they were able to claim a 28-18 victory.

Day two saw the 10- to 11-year-old boys in action with more than 80 players on court.

Bow School looked to be the team to watch as they were off the mark with an early victory against Stepney but, again, it was Raine's and Bishop Challoner who dominated the day and would eventually meet in the finals.

Raine's pupil Kailum Nicholas, Tower

Hamlets Youth Sports Foundation basketball performer of the year, was the standout player of the day scoring back-to-back three pointers to put his team in the lead.

Bishop fought well, but Nicholas remained composed and showed maturity to lead his team to victory. His performance earned him a place in the Tower Hamlets Academy Basketball Team.

On the final day, the year 7-9 boys and girls were in action, with Sir John Cass, Wapping High, Central Foundation and Langdon Park taking part. Raine's again proved unstoppable and completed the school's tournament clean sweep.

Nine collect awards from Tigers

NINE women from Tower Hamlets were among those who received awards from sports-led charity London Tigers.

Anthea Nicholas and Irma Stapleton, from Bow; Rowshonara Begum, Stepney Green; Lima Farhana, Poplar; Zubeda Gulshan,

Stepney; Sabia Begum, St Dunstan's; and Razia Khanom and Saya Banu Khatun, Mile End won in the Health & Wellbeing category. Diane Debrucat, from the Isle of Dogs, went home with the Coaches and Volunteers award.

Separately, Quazi Mobasir, Salman

Ahmed, Sheikh Avi Atik, Arafat Bhuiyan, Tamim Karim, Shumon Shariff, and Shakeel Ahmed won cricket awards.

Badminton players Shujon Miah, Tanjila Hasan, Abul Hasnath and Quen Diep were also recognised at the ceremony at Porchester Hall, Paddington.

As young as you feel

Young@Heart sessions are delivered every weekday at Better leisure facilities in Tower Hamlets.

Soccer round-up

Sporting edge penalty drama

SPORTING Bengal United qualified for the quarter-finals of the Gordon Brasted Memorial Trophy and a trip to Stansted, but not before penalty shootout drama at Southend Manor.

Sporting had to come from behind to set up the spotkick contest, having trailed 3-2 with 15 minutes left.

Goals from Adewunmi, Madhud and Rivera (two minutes from normal time) set up the penalty shootout, which they won 4-3 after Manor let slip a 3-2 lead.

On November 7, Sporting hosted Hullbridge Sports at Mile End Stadium and were beaten 3-1.

It started well for Sporting when Abdi Samad scored after 14 minutes, but a Hullbridge equaliser just before half time, turned the tide.

■ SPORTING Bengal manager Anwar Uddin and Imrul Gazi have been nominated for an Asian Football award.

They have both been nominated in the Grassroots section and were due to be at Wembley this week when the winners are announced.

Schools get the Uni message

QUEEN Mary Football Club hosted a seven-a-side football tournament for five schools, giving youngsters a chance to ask students about university life and education.

The Community Cup, held at Victoria Park, offered year 8 boys from St Paul's Way Trust School, Bishop Challoner, Stepney Green, Bethnal Green Academy and Langdon Park schools the chance to discuss

sport and education with footballers from Queen Mary University of London.

The undergraduates told the pupils about their routes to university, explaining some of the troubles they faced along the way, and promoting the benefits of higher education.

The tournament was won by Bishop Challoner Catholic Collegiate School.

The event was being run in conjunction with Queen Mary Student Union's Community Sport and Widening Participation schemes.

Gilroy the hero

Old Barkabbeyans...1

FC Hamlets...2

FC HAMLETS not only got their season back on track against Old Barkebbeyans, but also proved they have the character to come from behind.

Goalkeeper Nick Pyne made two fine saves early on, but, a minute before half time, Hamlets went behind when the defence failed to clear a corner and the ball was stabbed home.

Hamlets dominated the second half and were rewarded when Jack Potten hit a superb 25-yard drive.

With Hamlets now firmly in the driving seat, they settled the match in the 75th minute when a free kick by player-manager Ashley King was headed home by John Gilroy.

Sunday best

Tower Hamlets...1

Stansted...0

TOWER Hamlets earned a welcome win, thanks to a 62nd minute goal from Sunday Wasiu.

It was also a third clean sheet in succession for Tower Hamlets.



Action from the Queen Mary Football Club tournament



More inside

For stories on hockey, boxing, football, basketball and more...

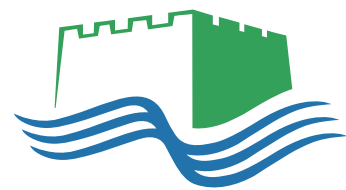
SEE PAGES 30 & 31



There's more to come

"I was immensely proud of Taslima's performance. She trained hard and, although we had a few barriers in the build-up, she was still triumphant. There is definitely more in her as well."

COACH RICH KITE, BELOW



TOWER HAMLETS

eastend sport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Taslima hits new heights

BY PETER FAULKNER

WEIGHTLIFTER Taslima Begum repeatedly beat her personal best on the way to another title and national recognition.

Taslima (pictured), who has just turned 16, was crowned London and South East champion at Crystal Palace.

She finished with a total of 114kg, landing her the title, which also makes her eligible for the

Youth Development Squad, confirming her as a potential future international in the eyes of governing body British Weight Lifting.

Remarkably, she won the title despite being unwell in the build-up to the championships, where the best in the region go head-to-head.

The rising star, who trains at Oaklands Weightlifters club in Bethnal Green, was chasing success in the -48kg category.

After lifting 45kg in the snatch at the second attempt, she matched her best of 50kg.

Clean and jerk was next up and Taslima opened at 56kg. Her next attempt 62kg, a personal best, presented no problem and her final attempt, 64kg, showed how far she has progressed.

Rich Kite, Taslima's coach at Oaklands and winner of Tower Hamlets Sports Foundation's coach of the year award in May, said: "I was

immensely proud of Taslima's performance.

"She has trained hard for this event and, although we had a few barriers in the build-up, she performed well and was still triumphant.

"We had set a target for a total of 114kg and we attained it. There is definitely more in her as well.

"We will be looking to improve on this performance after a well-deserved rest."



Landlords... Top rents achieved 3 months paid in advance

FREE PROPERTY LICENCE

Hassle-Free Letting

Rent your property today!

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting

Find out more



Properties Urgently Required in all East London Boroughs & Essex



elliottleigh.com 020 8983 4444

Visit our website for more information www.elliottleigh.com

LOCAL MINI CABS

canarywharfcars.co.uk



020 7423 9999

Owner Drivers
EARN £500 - £1000
per week.
Day or Night Shift,
Weekly Rent or
Percentage Based



AIRPORT TRANSFERS
FROM £40

info@canarywharfcars.co.uk

DRIVERS WANTED

INTENSIVE COURSES • BLOCK BOOKING • DISCOUNTS OFFERED*



020 8983 0085

Evening mobile: 07507 196606
www.ignitedriving.co.uk
419 Roman Road, London E3 5QS

IN SHOP
Theory Training*

Free Training for IGNITE Students Instructor
Training Available on part 1, 2 & 3



CHOOSE
FROM ANY
OF THESE
OFFERS!

MANUAL
driving lessons
first 3hrs £48*
5hrs £80*
10hrs £170*

AUTOMATIC
driving lessons
first 3hrs £53*
5hrs £88*
10hrs £195*

Male and female
instructors available
in automatic and manual

ADI's and PDI's wanted

*Terms & conditions apply

All our instructors
are DSA Approved

